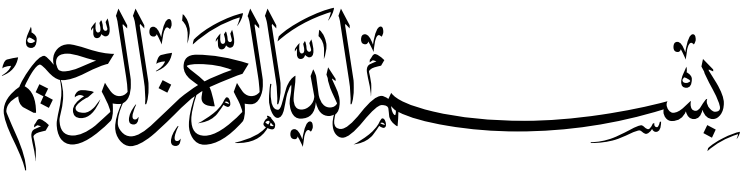
Volume XIII

LIFE SKILLS

Compiled By:
S. Jahanzaib Abidi



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the Thirteenth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: 4th July 2024

Contents

Dedication 2

Preface..... 8

How to prioritize tasks to focus on what really matters?11

Cause or Effect: The Choice is Yours 13

What useful habits have changed life? 21

The ARC Triangle, For Change The Mood Of Everyone .. 23

What is Dark Psychology? 35

How Neo-Colonial Powers Uses Dark Psychology..... 39

Psychology of Sins 48

Laws Of Social Psychology And How Can Society Rises.. 50

Social Skills And Society Development In View Of Islam 53

Life Skills in sight of Ayatollah Khamenei 58

Social Life Skills In Sight Of Ayatollah Khamenei 65

New Islamic Civilization In Sight Of Ayatollah Khamenei70

Theory of Resistant Economoy..... 73

Resistant Economy In Private Life 77

How Can Society Achieve Economic Welfare In A Corrupt Government?..... 81

Core Differences Among Revolutionary, Diplomat and Hypocrite 85

Laws of Social Psychology..... 90

Theories Covers Under Social Psychology 106

Ways To Escape From The Slavery Of Neo-Colonial Powers 108

Stages of Revolution and How the Iranian Revolution Can Be a Model in Pakistan? 112

Steps of Revolution in General 117

Difference b/w Boss & a Leader 121

What Young to know about Finance & Economics? 126

Break Free From Negative Thinking And Develop A Positive Mindset..... 130

It Is Not Better To Strive For Perfection But Do Your Best133

Driving Forces of Diff. Human Traits 135

Driving Forces Behind Sins 152

Seeds of Today's Global Chaos and its Solution 162

Steps to Overcome on Childhood Traumas..... 171

Do You Ever Avoid Working?..... 176

Being Too Serious Blocks Your Success 178

Complicated Problems 181

Do You Have Enough Talent to Succeed?..... 184

Eight Tips for Success 188

Fear of Consequences 189

Five Tips to Help Children Succeed 194

Happiness is Power..... 197

Hate 199

How Drugs and Toxins Hurt Your Success 205

How to Be a Leader 210

How to Be a True Friend to the World 214

How to Be Happy..... 216

How to Be Lucky 221
How to Break Bad Habits..... 222
How to Make Great Decisions 225
Imagine Your Success 230
Like it or Not, People Follow Your Example 233
Muscle Up Your Memory..... 235
Step One: BE a Success..... 239
The Best Revenge 244
The Do-It-Now Habit 247
The #1 Barrier to Learning: Knowing it All..... 251
Why People May Dislike You 253
What Happens If You Exclude People?..... 256
What to Do When You Feel Outraged..... 259
Why You Should Give More Than You Receive 261
Confused?..... 263
What Do Modern Imperialist Powers Want From Us?. 270
Benefits Of Reciting The Qur'an In Chronological Order273
What to do when disappointed?..... 286
Effective Way To Manage And Reduce Stress In Daily Life287
How everything will be alright when facing adversity? 289
Worrying Only Means You Suffer Twice..... 290
What To Do When Trouble Comes In Life? 291
How Do Humans Define Happiness?..... 293
Why Is Life Too Hard For Us? 295
Why Do I Feel So Much Stuck In Life? 297
Perfection Or To Do Your Best 300

Removing Unimportant Things From Our Lives 302
How to stay positive when keep trying and still fail?... 304
How Can I Become More Self-Aware? 307
Most Powerful Manifestation Technique..... 308
Is it okay to let go? 308
Stay Positive And Focused All The Time..... 310
Most Painful Realization About Yourself..... 312
Become The Best Version Of Yourself..... 314
Become A Bulletproof Person? 316
When you feel lost in life… 317
Improve Overall Well-Being 319
Admit When You Are Wrong About Something..... 320
Most Effective Way To Quit A Bad Habit..... 321
How Can Focus Longer? 322
How Do Make Up For Lost Time?..... 323
People See You The Way You See Yourself 324
Where do I start get out of my comfort zone? 326
Complaining! Good or Bad? 327
Psychological Techniques for Uncovering Hidden Thoughts 330

Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the Thirteenth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

Connect with:

zaib.abidi.pk@gmail.com

How to prioritize tasks to focus on what really matters?

It's actually pretty simple if you follow your intuition.

We tend to believe that the tasks that matter are those that make us productive or the ones that everybody thinks are important. Those tasks society sees with good eyes and that make you a good citizen, or a good friend, a good husband/wife, a good son/daughter, basically the things you're supposed to do because it's what everyone else does, so it must be the right thing…

Well, that's how it works when you follow your analytical mind and let your conditioning and acquired beliefs run the show. And that's where we all go wrong and waste our time.

The mind is always trying to keep you in a comfortable and known space, since it's designed for your survival and to keep you safe, that's why it's always going to choose a known hell over an unknown heaven, because it doesn't care about your feelings or growth, it just exists to sustain the illusion that everything is under control.

So, if you follow your mind, you will always be prioritizing whatever tasks that justify the beliefs you're holding and that make up your personality. You'll be working hard, paying your taxes, being a good parent, friend, partner…

But while you're doing all that, you'll be neglecting your true self which will be buried under al those obligations

and duties that you've chosen to believe you need to abide by.

Of course there are some things you need to get done and some basic rules you need to obey if you want to keep living in a society like ours, with people, institutions and hierarchies, but…

There's a moment when you need to stop and ask yourself what really matters to you.

Because **"what really matters" is not an objective concept or reality**, it's a different thing for you, for me and for every single person living in this Planet.

So, if you want to really start doing what really matters to you, start questioning everything you're doing now that doesn't feel aligned with who you really are, all the things you do on autopilot that don't resonate with your true essence.

Start listening to that inner voice that's trying to guide you in the right direction but always gets yelled at by the analytical mind who thinks that knows it all.

That's the voice that matters, that's your intuition, your gut feeling, the Universal essence we're all made of and that manifests differently in each and everyone of us depending on the unique nature of our soul's journey.

What really matters to you will create a special emotion inside of you that will be impossible to ignore.

But your mind will try to make sense of it and look for logical reasons to disregard that will be very convincing, but that's actually where the work is…

Don't let the mind get in the way of your intuition so that you can actually recognize what really matters to you and prioritize it over the rest of the tasks that are not really important.

When you focus on what matters to you, you can feel you're on the right way. It all makes sense and flows, there's no resistance or doubt. You just know.

Cause or Effect: The Choice is Yours

Every aspect of your life comes under two categories: things you are at CAUSE over and things you are the EFFECT of.
For example, you are either at CAUSE with your work and **succeeding**, or you are at EFFECT of your work and **failing**. You are at CAUSE or EFFECT with your health, your relationships, your money, your possessions and every other area of your life.

10 Signs You Are at EFFECT in an Area

1. It gives you pain or stress
2. You feel hatred or anger
3. You think about it too much
4. It is disorderly

5. It ruins your focus
6. You dislike similar things
7. You do things that make it worse
8. It makes you get ill or hurt yourself
9. You lie to others about it
10. You want to stop it

10 Signs You Are at CAUSE in an Area

1. It gives you joy and pleasure
2. You keep it organized and orderly
3. It helps increase your income
4. You teach others how to do it
5. It makes you proud
6. You look forward to doing things with it
7. It helps you reach your goals
8. It makes you feel powerful
9. It gives you passion and energy
10. You want to create with it

Example

Bob, the car mechanic, is very good at fixing radiators, but not very good with brakes.
He looks forward to radiator jobs. He knows every type of radiator that exists, and can easily fix or replace

them. Customers never come back with radiator problems. Bob is at cause over radiators.
However, whenever Bob gets a brake job, he slows down. He can't find the right parts or and smashes his fingers. Customers come back with complaints about their brake work. Bob is at the effect of brakes.

To Succeed, You Need to Rise to Cause

Below is a self-improvement procedure you can do to get more at cause over your job (post). You can use the same steps to get at cause over ANYTHING in your life.

"Write down any and all points where one feels he is NOT at cause over his post.
"Then look at points one after another where one can be at cause.
"And one comes to cause over his post.
"Try it." — L. Ron Hubbard

Five Steps to Go from Effect to Cause

1. Choose an area where you are at EFFECT.
2. List each point that you are NOT at cause over.
3. Choose one point for which you CAN be at cause.
4. Repeat with any other points on your list you feel you CAN be at cause.
5. Once you are at CAUSE over each point, write a plan to stay at cause.

Example

Let's say you are a chef at a small, gourmet restaurant. You normally love your job but you now have a lot of stress. You do not look forward to working any longer.

1. Choose an area where you are at EFFECT.
You don't like managing your assistant, Hunter. He drives you crazy with mistakes and laziness, and his appearance.
2. List each point you are NOT at cause.
You write down three main problems regarding your assistant Hunter.
#1: "He takes too long to prepare the salads."
#2: "He gets the wrong ingredients half the time."
#3: "His neck tattoo really annoys me."
3. Choose one point for which you CAN be at cause.
You pick #1 and ask yourself, "How can I be at cause over his slow salads work?"
You watch what Hunter does. You ask him, "Why do you wash each salad part after you cut it?"
He says, "I thought I was supposed to do it that way in case the knife is dirty."
You show him how to keep the knife clean instead of washing the vegetables. He says, "OH, that will save me a lot of time!"
4. Repeat with any other points on your list you feel you CAN be at cause.
You ask about #2. "Hunter, why do you bring me the wrong ingredients some times?"
He says, "I just follow the signs on the shelf."
You go back to the storage area and see no one has changed the signs in years. You fix the signs so they match the ingredients. All is well.
You pick #3: the neck tattoo, but you can't think of how to get at cause on this.
You realize you need to get at cause over your annoyance. You are effect of your FEELING.

So you decide it doesn't matter how Hunter looks as long as he does his job. You are now at CAUSE of the negative feeling.

5. Once you are at CAUSE in the area, write a plan to stay at cause.

You write, "When Hunter messes up, ask questions. If I'm annoyed about his appearance, stop the feeling; he can look however he wants. I'm now at cause with Hunter!"

Example: Jane is Effect of TM

Jane really wants to get married. Let's say her post or job is "Single female in search of husband candidates."

Unfortunately, she can't find anyone she likes or who likes her. If an unattractive man smiles at her, she quickly looks at the floor. If a man asks her on a cheap date (TM: temporary marriage), she lies and says she is too busy. She spends all of her nights at home with her cats.

Jane will never get married because she is EFFECT.

Jane lists six points where she is NOT at cause.

#1 "I believe men think I'm ugly."

#2 "I can't find the man of my dreams; someone who looks like John Travolta."

#3 "I worry a man will hurt me."

#4 "I want my friends to be impressed with my TM."

#5 "I never get to meet men who are rich enough to support me and my cats."

#6 "I'm scared I'll never get married and will be alone forever."

Jane looks at these points and picks one that she CAN be at cause over, #4.

She writes, "I shouldn't worry about what my friends think. If they are friends, they'll support me. If not, who cares what they think. OK, I can be at cause on that point."

She then picks #5: "Am I looking for a man who pays my bills so I can live the good life? I think this attitude hurts me. A good husband may or may not be rich. I can be at cause over this stupid attitude of mine. I like to work anyway. If he's a good man doing good things, maybe I'll support him!"

She looks over the remaining points and picks #1: "If they think I'm ugly, I don't want anything to do with them. I'll just be myself." This puts her at cause.

She picks #2: "OK, I can get at cause over this idea I need a man who looks like a movie star. That's as silly as me worrying about being ugly. He only needs to look attractive to ME. I feel at cause over this one."

She looks at #3: "Why do I worry a man will hurt me? It's never happened to me or anyone I know. My mom worries about it all the time and constantly tells me to be careful. If I stop listening to her and use my own common sense, and take reasonable precautions when TM, I'll be fine. I can be at cause over this fear."

Jane now has has only one point left, #6. She quickly gets at cause over this fear. "What do I care if I never get married. I like myself and I'm happy to be alone. I also like my cats. If I meet a good man and we're interested in each other, great. If not, that's fine also."

Jane writes down her plan to stay at cause. She then meets a single guy who loves cats.

Example: Gerald is Effect of Money

Every hour of every day, Gerald thinks, "Why is it so hard for me to make money? Will I always be broke? This stress is not good for me."

Gerald decides to get at cause. He writes down these points where he is NOT at cause.

#1 "I can't get find a good job that pays me what I'm worth."

#2 "My debt's getting higher because I'm only paying the interest on my new BMW."

#3 "I'm already 40 and I have saved nothing for retirement."

#4 "I can't sleep because of the stress which makes me get less work done."

#5 "My dad said he'd loan me some money, but I can't reach him right now."

Next, Gerald picks one point after another where he CAN be at cause.

"I can be at cause over #5 and stop waiting for my dad to give me money. It's not his problem and I can't wait for him. Another loan is not what I need anyway. OK, I won't bother him any more."

"OK, for #2, I made a mistake. I need to sell the BMW and get out of that horrible loan. My old Toyota is still working."

"I can be at cause over #3 and stop worrying about retirement. It's a future problem and not worth my attention right now. I can be at cause over this feeling."

"#1 is the main thing I need to fix. Apparently, my work is not worth very much. I need to get off my butt and increase the value of what I do. If I focus on this one thing and nothing else, I'll be at cause on this."

This realization was exactly what he needs. He automatically rises to cause over #4 as his stress is gone. Gerald writes down his plan. He knows it will work. He is at CAUSE.

Example: Kim Hates to Exercise

Once again, Kim's doctor tells her she needs to exercise to handle her arthritis pain and have more energy. She knows this is true, but she is effect of exercise.
She says to herself, "OK, I'm going to list all the points where I'm at effect of exercise."
#1 "Exercise is boring."
#2 "It makes me tired and ruins my energy for the day."
#3 "It makes me feel a little sick."
#4 "I get no pleasure from this. It ruins my mood."
Kim looks over the points and picks one she CAN get at cause over.
"I can listen to some music for #1 so it's not so boring. I'll try something very energetic like rap!"
Kim gets on her exercise bike, turns on her music and pumps as hard as she can for five minutes.
"That's kind of fun, not as boring, but I feel kind of sick. I'll try it again tomorrow."
Kim thinks about #3. Can she get at cause on this one? She looks online to see why she might feel sick. She learns she should slow down and drink more water for nausea.
"Oh, I can do that."
The next day, she goes slower and completes a ten minute exercise session with her music. She does not feel sick and is now at cause on #3.

Kim finds ways she can be at cause #2 by waiting to exercise until the end of the day. It doesn't matter if she uses up her daily energy now, and she sleeps better. She is at cause on #2.

She picks #4. "I think I can control my mood."

"Everyone says exercise is a pleasure. That's never going to happen for me. Who cares if exercise gives me pleasure or not? I'm doing it for health, not for fun." This puts her at cause as never before. She feels happy, not from exercise, but from being at CAUSE over exercise.

She increases her time and distances until one day, she realizes, "Hey! I have more energy these days. No pain either. I'll tell my doctor he's right!"

What useful habits have changed life?

1. Waking up at 6 am, drinking 1 glass of warm water, brushing teeth,etc.
2. Eating soaked almonds, dates . Drinking ABC juice, or spinach soup or eating any fruit available.
3. Doing yoga or walk from 6.30 to 7.30.
4. Reading newspaper for 30 mins.
5. Chatting with my mother or family members
6. Eating healthy breakfast. Trying to include lot of vegetables and fruits into my diet.
7. Getting ready for office. Started following discipline and punctuality in life.
8. On the way to office I drink 1 coconut water everyday.
9. Never indulging in any type of office gossips. Working hard at my desk.

10. Eat one banana everyday at office that I carry from home. And I love curd so I take approx 100 gm curd in my lunch every day and salads.
11. Getting back home at 7. Taking bath.
12. I Drink tea with palm sugar. In office I drink 2 more teas with white sugar but less sugar.
13. Munching on snacks like boiled chickpeas etc, or few roasted almonds or an orange. Trying to cut down fried snacks. Occasionally I eat fried items, like pizza, pagoda, vada etc.
14. I Watch YouTube or social media or quora for few mins.
15. Eat healthy dinner before 8.
16. Mild walk with family and chatting.
17. Save reminders for upcoming days
18. One glass milk few mins before sleep. Then brushing teeth in sometime.

13. Not touching phone after 10.

14. Write some thing in dairy or reading something.

15. Sleep by 10.30.

I dont rigorously follow everything. But most of the days, This is my routine. These are the habits changing my life in a positive and disciplined way.

Other than that I am trying to avoid unnecessary shopping, trying to bring in minimalist approach of living, Respecting elders, taking life in a positive way always, not to be bothered about gossips etc.

The ARC Triangle, For Change The Mood Of Everyone

The Tone Scale is another key concept in Scientology, which categorizes different emotional states or tones on a scale from low (negative emotions) to high (positive emotions). It is used to assess a person's emotional state and understand how their mood affects their behavior and interactions. The Tone Scale is closely related to the ARC Triangle because a person's emotional tone influences their ability to establish affinity, reality, and communication with others.

Understanding the Tone Scale

The Tone Scale ranges from low emotional states, like apathy or grief, to higher emotional states, such as enthusiasm or serenity. Here are some key points on the scale:

- 0.0 - Death: The lowest point on the scale, representing a complete absence of life or energy.

- 0.5 - Apathy: Lack of motivation, hopelessness, or despair.

- 1.0 - Fear: A state of anxiety, worry, or being overwhelmed.

- 1.5 - Anger: Frustration, hostility, or aggressive behavior.

- 2.0 - Antagonism: A state of resistance, criticism, or opposition.

- 2.5 - Boredom: A state of disinterest or lack of engagement.

- 3.0 - Conservatism: A balanced, neutral emotional state; generally calm but not overly excited.

- 3.5 - Cheerfulness: Positive outlook, optimism, and light-heartedness.

- 4.0 - Enthusiasm: High energy, excitement, and passion for life.

- 8.0 - Exhilaration: The highest point on the scale, representing a state of joy, exhilaration, and spiritual freedom.

The higher a person's tone on the scale, the more positive their emotional state is. Lower tones are generally associated with negative emotions and can indicate struggles or difficulties.

How the Tone Scale Relates to the ARC Triangle

The Tone Scale has a direct impact on a person's ability to create and maintain affinity, reality, and communication. Here's how:

1. Affinity and the Tone Scale

- Higher Tones: When a person is at a higher tone (e.g., cheerfulness or enthusiasm), they are more likely to experience and express positive emotions. This makes it easier for them to establish affinity with others. People naturally feel more connected to those who radiate positivity.

- Lower Tones: In contrast, lower emotional tones (e.g., apathy or anger) tend to create barriers to affinity. It is difficult to connect with someone who is emotionally distant, hostile, or negative. To build affinity with someone at a low tone, you may need to be more patient and empathetic, and work gradually to raise their tone.

2. Reality and the Tone Scale

- Higher Tones: Individuals at higher tones are generally more open to shared experiences and mutual understanding, making it easier to find common ground (reality). They are usually more flexible in their thinking, allowing for a broader sense of agreement with others.

- Lower Tones: People at lower tones may have a skewed or rigid perception of reality. For example, someone in a state of fear might see the world as threatening, which can make it challenging to establish common reality. Understanding their emotional state can help you find a way to align your reality with theirs, perhaps by addressing their fears or concerns.

3. Communication and the Tone Scale

- Higher Tones: Effective communication tends to flow more easily when someone is at a higher tone. They are likely to express themselves clearly, listen actively, and engage in constructive dialogue. Their positive state of mind facilitates open and productive communication.

- Lower Tones: Communication can become strained when someone is at a lower tone. For instance, a person in a state of anger may communicate in a hostile or aggressive manner, while someone in apathy may not engage at all. Adjusting your communication style to meet the emotional tone of the other person can help bridge the gap and improve the exchange.

Moving People Up the Tone Scale

One of the goals in Scientology is to help people move up the Tone Scale, thereby improving their overall well-being and enhancing their ability to connect with others through the ARC Triangle. Here's how this can be achieved:

- Increasing Affinity: By showing empathy, understanding, and support, you can help someone move from a lower tone (e.g., fear or antagonism) to a higher tone (e.g., conservatism or cheerfulness). This makes it easier for them to experience and reciprocate affinity.

- Creating Shared Reality: Helping someone see things from a more positive or realistic perspective can elevate

their tone. For example, addressing misunderstandings or finding new ways to approach problems can shift someone from boredom or antagonism to cheerfulness.

- Enhancing Communication: Improving communication is key to helping someone move up the Tone Scale. Encouraging open dialogue, being a good listener, and validating the other person's feelings can lead to more effective communication and raise their emotional tone.

Practical Application

When dealing with people, assess their tone and adjust your use of the ARC Triangle accordingly:

- High Tone Individuals: With people who are at a high tone, focus on maintaining strong communication and shared reality to keep the positive affinity going. These individuals are usually easier to interact with and will respond well to positivity.

- Low Tone Individuals: With those at a lower tone, you may need to put more effort into increasing affinity by being empathetic and supportive. Gradually work on communication and reality to help elevate their emotional state.

Conclusion

The Tone Scale and the ARC Triangle are interrelated concepts that work together to improve interpersonal relationships and communication. By understanding where a person falls on the Tone Scale, you can tailor

your approach using the ARC Triangle to effectively connect with them, whether they are in a high or low emotional state.

How to Use ARC Triangle

The ARC Triangle is a fundamental concept in Scientology, representing three interrelated components that, when balanced, can improve communication and relationships with others. The three components are:

1. Affinity: The degree of liking or emotional connection one has with another person.

2. Reality: The agreement or shared understanding between people. Reality can involve shared experiences, common ground, or mutual recognition of facts.

3. Communication: The exchange of ideas, information, or feelings between individuals. Communication serves as the vehicle that connects affinity and reality.

Here's how to use the ARC Triangle to deal with different types of people:

1. Establishing Affinity

- Understanding the Person: Try to find a level of affinity or liking towards the person, even if you don't know them well. It could be through finding common interests or simply being open and accepting.

- Empathy: Show empathy and interest in the other person's experiences. This can build a bridge of emotional connection, making them feel understood and valued.

- Non-Judgmental Attitude: Maintaining a non-judgmental stance helps increase affinity with a wider range of people, as it creates an atmosphere of trust and openness.

2. Finding Reality

- Common Ground: Find areas where you and the other person can agree or relate. This could be shared experiences, mutual interests, or simply acknowledging their reality, even if it differs from yours.

- Acknowledgement: Validating the other person's experiences or viewpoints helps establish reality. Even if you disagree, acknowledging that their perspective is valid can bridge gaps in understanding.

- Adaptability: Be willing to adjust your approach based on the other person's level of reality. Some people may need more practical or grounded discussions, while others might connect on abstract or emotional levels.

3. Effective Communication

- Clear and Open Dialogue: Effective communication is key to maintaining both affinity and reality. Ensure that your messages are clear, respectful, and appropriate for the situation.

- Listening Actively: Communication isn't just about speaking; it's also about listening. Paying close attention to the other person's words, tone, and body language can enhance your understanding and response.

- Tone Matching: Adjust your tone and style of communication to match the other person's, making it easier for them to connect with you.

Dealing with Different Types of People:

- Friendly and Agreeable People: For those who are naturally warm and friendly, focusing on increasing affinity can enhance your connection. Shared reality and smooth communication will likely follow.

- Difficult or Challenging People: In cases where people are resistant or challenging, you may need to focus more on finding common reality before working on communication or affinity. Acknowledging their perspective can help lower barriers.

- Strangers or New Acquaintances: Start by establishing some level of affinity, perhaps through friendliness or openness. Then, find common ground (reality), and maintain clear communication.

- Close Relationships: With people you are close to, communication becomes critical. Ensuring that both affinity and reality are nurtured regularly will help maintain a strong relationship.

In summary, balancing affinity, reality, and communication can help you successfully engage with different types of people. The ARC Triangle is a dynamic tool that, when used consciously, can create harmony and understanding in various interactions, regardless of the individual's personality or background.

Expanding on the ARC Triangle concept, here's a deeper dive into how you can use it to deal with different kinds of people, and additional tips to maximize its effectiveness:

1. Balancing the ARC Triangle

- All Elements Are Interdependent: If one part of the triangle is weak, the others will be affected. For example, poor communication can damage affinity, even if reality is established. Be mindful of maintaining a balance between all three elements.

- Flexibility: Each interaction may require a different focus. Sometimes, improving communication is the key to enhancing reality and affinity; other times, building more affinity might smooth out communication issues. Flexibility in which element to emphasize can help.

2. Affinity with Different Emotional States

- Dealing with Anger or Frustration: When dealing with someone who is angry or frustrated, start by acknowledging their emotions (affinity). Avoid dismissing their feelings, as that can reduce affinity. Instead, communicate that you understand their

emotional state, which can help calm them and build a foundation for productive communication.

- Building Affinity through Positive Reinforcement: For people who respond well to positive feedback, regularly reinforcing their strengths can build stronger affinity, making future interactions smoother and more productive.

3. Adapting Reality

- Cultural Sensitivity: People from different cultural backgrounds may have different realities. By being culturally sensitive and showing an understanding of their background, you can create common ground that enhances reality. This may require learning about their culture or asking thoughtful questions to understand their perspective.

- Tailoring Reality to Professional Settings: In professional environments, reality often revolves around shared goals, tasks, and responsibilities. Clarifying expectations and aligning on common objectives can strengthen reality, which, in turn, improves both communication and affinity.

4. Advanced Communication Techniques

- Mirroring: Subtly mirroring the other person's body language, speech patterns, or tone can help build rapport. People tend to feel more comfortable with others who seem similar to them, which enhances affinity and reality simultaneously.

- Questioning and Clarification: Asking open-ended questions and clarifying any misunderstandings can keep communication flowing smoothly. This is particularly useful when dealing with complex situations or potential conflicts, as it ensures that both parties are on the same page.

5. Dealing with Resistance

- Handling Criticism: When faced with criticism, maintaining strong communication and acknowledging the other person's viewpoint can help. Instead of becoming defensive, use communication to explore the criticism, thereby finding common ground (reality) that can reduce resistance.

- Lowering Barriers: Some people may have barriers to communication, such as shyness, skepticism, or distrust. In these cases, you may need to focus on gradually increasing affinity by being patient, non-threatening, and consistently open to dialogue. Over time, this can lead to stronger communication and shared reality.

6. Application in Groups

- Creating Group Affinity: In group settings, such as teams or communities, fostering a sense of belonging and common purpose can enhance group affinity. This can be done through activities that promote bonding or shared experiences, which contribute to a collective reality.

- Managing Group Dynamics: In groups, reality can be established through clear and consistent communication. Ensure that everyone has access to the same information, and encourage open dialogue to prevent misunderstandings or divisions within the group.

7. Self-Reflection and Continuous Improvement

- Self-Evaluation: Regularly evaluate your own use of the ARC Triangle. Ask yourself which elements you are strong in and which need improvement. Reflecting on past interactions and identifying what worked or didn't can help you fine-tune your approach.

- Continuous Learning: As you encounter different types of people and situations, continue to refine your skills in applying the ARC Triangle. Over time, you'll develop an intuitive sense of which elements to emphasize in various contexts, allowing you to deal more effectively with a wide range of personalities.

8. The Role of Communication in Crisis Situations

- Defusing Tension: In tense or crisis situations, communication becomes even more critical. Start by establishing some level of calm through clear and composed communication. Then, work on rebuilding affinity by showing empathy and understanding, and re-establishing reality by addressing the core issues calmly and rationally.

- Active Conflict Resolution: When conflicts arise, focus on ensuring that communication remains open and that

both parties have a chance to express their viewpoints. Encourage finding a shared reality through compromise, which can lead to a resolution that restores affinity.

Conclusion:

The ARC Triangle is a versatile tool that can be adapted to virtually any interpersonal scenario. Its strength lies in its simplicity and flexibility, allowing you to adjust your approach based on the needs of the situation. Whether dealing with friends, colleagues, strangers, or challenging individuals, consciously applying the principles of affinity, reality, and communication can create more harmonious and productive relationships.

What is Dark Psychology?

"Dark psychology" refers to the study of the psychological principles used to manipulate, influence, or control others, often through deceptive, coercive, or unethical means. It delves into the darker aspects of human behavior, focusing on how individuals or groups can use psychological tactics to exploit vulnerabilities in others. The term is often used to describe strategies that are employed with malicious intent, including manipulation, persuasion, mind control, and emotional exploitation.

Here are some key concepts often associated with dark psychology:

1. Manipulation

- Manipulation involves influencing someone's thoughts, emotions, or actions in a deceptive or underhanded way. The manipulator often disguises their true intentions, making the target believe they are acting of their own free will.

2. Persuasion

- Persuasion is a key element in dark psychology, but unlike healthy persuasion, it is used to convince someone to do something against their best interests. This often involves exploiting emotions, like fear or desire, to override rational thinking.

3. Gaslighting

- Gaslighting is a psychological manipulation technique where the manipulator makes the victim question their reality, memory, or perceptions. This can lead the victim to feel confused, insecure, or dependent on the manipulator for clarity.

4. NLP (Neuro-Linguistic Programming)

- NLP involves using language and communication techniques to influence someone's subconscious. In dark psychology, NLP techniques are used unethically to subtly influence behavior without the person's awareness.

5. Mind Control

- Mind control involves controlling or heavily influencing a person's thoughts and actions, often

through psychological pressure, hypnosis, or repetitive persuasion techniques. Cults and extremist groups often employ mind control tactics.

6. Emotional Manipulation

- This involves using someone's emotions against them. Tactics include guilt-tripping, playing the victim, or using charm to create emotional bonds that can later be exploited.

7. Deception

- Deception is a core component of dark psychology. It involves misleading or lying to someone to gain control over them. The deceiver may use half-truths, omissions, or outright lies to manipulate the situation in their favor.

8. Seduction

- Seduction in dark psychology isn't just about romantic or sexual attraction; it's about drawing someone into a situation where they become vulnerable to manipulation. It often involves creating a sense of allure or desirability to lower the target's defenses.

9. Coercion

- Coercion involves using threats, intimidation, or force to influence someone's behavior. It can be physical, emotional, or psychological in nature, making the person feel like they have no other option but to comply.

Ethical Concerns

While dark psychology explores the shadowy side of human behavior, it is essential to recognize that using these tactics to manipulate or harm others is unethical. Ethical psychology focuses on helping people, fostering well-being, and promoting healthy relationships. Dark psychology, when used maliciously, can cause significant harm and should be understood as a warning of behaviors to avoid.

Islamic Perspective

From an Islamic standpoint, engaging in manipulation, deceit, or coercion is fundamentally against Islamic ethics. Islam promotes honesty, sincerity, and respect for others. The Quran emphasizes truthfulness and condemns deception. For instance, Allah says in the Quran:

> "O you who have believed, fear Allah and be with those who are truthful." (Quran 9:119)

In Hadith literature, the Prophet Muhammad (PBUH) also warned against deception:

> “Whoever deceives us is not one of us.” (Sahih Muslim)

Islamic teachings encourage healthy, transparent relationships based on trust, mutual respect, and compassion, directly opposing the principles of dark psychology.

How Neo-Colonial Powers Uses Dark Psychology

Neo-colonial powers often use dark psychology principles to maintain influence and control over other nations and populations. This approach involves applying psychological tactics to manipulate, coerce, or deceive in ways that benefit the neo-colonial power while subjugating or exploiting the target populations. Here are some ways in which these tactics are applied:

1. Propaganda and Media Manipulation

- Propaganda is used to shape public perception and opinion. Neo-colonial powers may spread misleading or biased information to create favorable conditions for their interests. This includes promoting certain ideologies, values, or narratives that serve their agendas while undermining local cultures or governments.

2. Cultural Imperialism

- By promoting their own cultural values and norms, neo-colonial powers can erode local cultures and traditions. This often involves exploiting media and entertainment to present their culture as superior or more desirable, thus influencing local populations to adopt foreign lifestyles and values.

3. Economic Manipulation

- Neo-colonial powers may use economic leverage to control and exploit other countries. This includes

manipulating trade agreements, imposing debt, or controlling vital resources to create dependency. Psychological tactics, like creating a sense of inevitability or scarcity, can pressure governments and populations into compliance.

4. Political Coercion

- Political influence is exerted through various means, including funding political parties, supporting coups, or applying pressure through international institutions. This can involve coercion or intimidation to ensure that local leaders align with the neo-colonial power's interests.

5. Divide and Rule

- Neo-colonial powers may exploit existing divisions within a country or create new ones to weaken resistance and maintain control. By fostering ethnic, religious, or political conflicts, they can prevent unified opposition to their influence and create conditions for easier manipulation.

6. Psychological Warfare

- Psychological warfare involves using fear, confusion, and misinformation to destabilize and control. Neo-colonial powers might spread disinformation to create internal strife, undermine trust in local institutions, or create a sense of helplessness among the population.

7. Dependency Creation

- Creating dependency on foreign aid, technology, or military support is a tactic used to ensure ongoing control. By making a country reliant on external assistance, neo-colonial powers can influence political and economic decisions to align with their interests.

8. Exploitation of Local Elites

- Neo-colonial powers often work with local elites or leaders who are willing to serve their interests in exchange for power or wealth. This creates a system of loyalty and control through individuals who benefit from maintaining the status quo.

9. Educational and Ideological Influence

- By controlling educational content and promoting certain ideologies, neo-colonial powers can shape the mindset of future generations. This includes influencing curricula to reflect their values and priorities, which can diminish local perspectives and promote alignment with foreign interests.

Ethical and Moral Considerations

The use of dark psychology tactics by neo-colonial powers raises significant ethical and moral issues. Such practices often lead to exploitation, suffering, and the erosion of cultural and political sovereignty. These tactics are typically condemned by international human rights advocates and ethical leaders.

Islamic Perspective

From an Islamic perspective, the tactics employed by neo-colonial powers would be seen as morally wrong. Islam advocates for justice, respect for sovereignty, and the fair treatment of all peoples. The Quran and Hadith emphasize the importance of honesty, fairness, and the protection of the rights and dignity of others.

For example:

> "O you who have believed, be persistently standing firm in justice, witnesses for Allah, even if it be against yourselves, your parents, or your relatives." (Quran 4:135)

Islamic teachings encourage acting with integrity and equity, opposing any form of manipulation or exploitation of others for personal gain.

Manipulation in Educational & Cultural Sector

From an educational and cultural perspective, neo-colonial powers exert influence by shaping the educational systems and cultural values of target nations to promote their own ideologies and interests. This influence can have profound effects on the identity, beliefs, and future prospects of the affected populations. Here's how neo-colonialism manifests in these areas:

Educational Perspective

1. Curriculum Control

- Western-Centric Curriculums: Neo-colonial powers often influence the education system by promoting curriculums that emphasize Western history, philosophy, and scientific achievements while downplaying or ignoring local knowledge, history, and cultural contributions. This creates a bias toward Western ideas as the standard for progress and development.

- Language Dominance in Education: Many former colonies continue to use the language of their colonial powers (e.g., English, French, Portuguese) as the medium of instruction in schools. While proficiency in these languages is often seen as a path to global opportunities, it can undermine local languages and cultural heritage. The preference for foreign languages in education often limits access to quality education for those who speak only local languages.

- Promotion of Individualism: Educational systems influenced by neo-colonial powers often promote Western values like individualism, competition, and consumerism. These values can clash with the more community-oriented, cooperative values that are prominent in many non-Western societies, leading to cultural conflicts and identity crises among students.

2. Intellectual Dependency

- Dependence on Western Academic Institutions: Many students in neo-colonial states aspire to study at Western universities, which are often seen as superior in terms of quality and prestige. This can create a brain

drain, where the best minds of a nation are educated abroad and may not return to contribute to their home country's development.

- Research Funding and Agenda-Setting: Western powers often fund research in developing countries, but the research agenda is usually set by the funding agencies. This can lead to an emphasis on topics that are of interest to the neo-colonial powers rather than addressing the most pressing local issues.

- Neo-Colonial Narratives in Textbooks: In some cases, textbooks used in schools may reflect the neo-colonial power's perspective on history and global issues. This can distort students' understanding of their own heritage, leading them to internalize a sense of inferiority regarding their culture and history.

3. Marginalization of Indigenous Knowledge

- Neglect of Traditional Education Systems: Neo-colonial influence often devalues indigenous education systems and forms of knowledge transmission. Traditional ways of learning, such as oral storytelling, apprenticeship, and communal education, may be seen as outdated or irrelevant in a modern, globalized world.

- Undermining Religious Education: In countries with strong religious traditions, particularly in the Muslim world, the introduction of secular, Western-style education systems can lead to the marginalization of religious studies. Islamic educational institutions and

scholars may be sidelined, reducing their influence on the younger generation and leading to a disconnect between religious and secular education.

Cultural Perspective

1. Cultural Imperialism

- Promotion of Western Lifestyle and Values: Neo-colonial powers use media, entertainment, and consumer products to promote Western cultural values. This can lead to the adoption of Western lifestyles, fashion, and consumer habits, often at the expense of local traditions and values. The allure of Western culture can make traditional practices seem backward or outdated, creating a cultural shift that aligns more with the neo-colonial power's interests.

- Hollywood and Global Media: Hollywood movies, TV shows, and music videos are powerful tools of cultural imperialism. They often portray Western values, lifestyles, and ideologies as desirable and superior, while non-Western cultures are frequently depicted in a stereotypical or negative light. This cultural bombardment can reshape the aspirations and behaviors of people in neo-colonized regions, aligning them with Western norms.

2. Erosion of Local Identity

- Loss of Cultural Heritage: As Western culture becomes more dominant, younger generations may lose touch with their cultural heritage. Traditional festivals,

languages, and customs may be seen as irrelevant in the modern world, leading to a gradual erosion of local identities.

- Cultural Assimilation: Neo-colonial powers often encourage cultural assimilation, where local populations are encouraged to adopt the language, values, and practices of the dominant power. This can lead to a homogenization of cultures, where diversity is lost, and the unique aspects of local cultures are diluted.

3. Consumerism and Materialism

- Promotion of Consumer Culture: Neo-colonial powers often promote consumerism as a way of life. Through advertising, media, and economic policies, they encourage people to equate happiness and success with material wealth and consumption. This can lead to a cultural shift where traditional values, such as communal well-being and spiritual fulfillment, are overshadowed by the pursuit of material goods.

- Western Brands and Globalization: The presence of Western brands and products in developing countries is a key aspect of cultural neo-colonialism. Western companies often dominate local markets, and their products become status symbols. This can undermine local businesses and lead to a dependency on foreign goods, further entrenching neo-colonial economic control.

4. Cultural Appropriation

- Exploitation of Local Cultures for Profit: Neo-colonial powers often appropriate elements of local cultures for commercial gain, without giving proper credit or compensation. For example, traditional designs, music, or practices may be repackaged and sold in global markets, benefiting foreign companies rather than the local communities from which they originate.

- Distortion of Cultural Practices: Cultural appropriation can also lead to the distortion of traditional practices. When elements of a culture are taken out of context and commodified, their original meaning and significance can be lost or misunderstood.

Islamic Perspective on Education and Culture

From an Islamic perspective, education is a holistic process that encompasses not only intellectual development but also spiritual, moral, and ethical growth. Islam encourages the pursuit of knowledge, but it also stresses that this knowledge should be rooted in faith and should serve the betterment of society as a whole.

- Balanced Education: Islamic teachings emphasize the need for a balanced education that integrates religious and secular knowledge. The Prophet Muhammad (PBUH) said, "Seeking knowledge is an obligation upon every Muslim." (Sunan Ibn Majah). This knowledge should not only help individuals succeed in this world but also guide them toward righteousness and the Hereafter.

- Cultural Preservation: Islam encourages the preservation of cultural diversity as long as it does not contradict Islamic principles. The Quran states: “And of His signs is the creation of the heavens and the earth and the diversity of your languages and your colors. Indeed, in that are signs for those of knowledge.” (Quran 30:22). This verse highlights that diversity is part of Allah’s creation and should be respected and preserved.

Islamic education and culture, therefore, offer a counter-narrative to neo-colonialism by emphasizing the importance of maintaining a strong connection to faith, cultural identity, and community values while engaging with the modern world.

Psychology of Sins

The psychology of sins delves into the mental and emotional processes that lead individuals to commit wrong actions, as well as the impact these actions have on a person's psyche and spiritual well-being. Sins can be seen as the result of inner conflicts, desires, and temptations that overpower an individual's moral compass. They often stem from weaknesses in character, lack of self-control, or ignorance of the consequences.

Effects of Sins:

1. Short-Term Effects:

- Guilt and Anxiety: Sinful actions often lead to immediate feelings of guilt or remorse, which can cause anxiety and disturb mental peace.

- Desensitization: Repeated sinning may lead to a loss of sensitivity towards wrongdoing, making it easier to commit further sins.

- Strained Relationships: Sinful behaviors, such as lying or harming others, can damage relationships, leading to loneliness and conflict.

2. Long-Term Effects:

- Spiritual Degradation: Persisting in sins can distance an individual from their spiritual core, weakening their connection with God and their moral values.

- Psychological Burden: Over time, the accumulation of guilt and unresolved emotions from sinful actions can contribute to depression, a lack of self-worth, and overall mental instability.

- Divine Consequences: From an Islamic perspective, continuous sinful behavior without repentance can result in spiritual repercussions in the Hereafter, as well as possible trials and hardships in this life.

In Islam, the importance of repentance and seeking forgiveness is emphasized to cleanse the soul and prevent the destructive consequences of sins. The Quran

and Hadith also highlight the need to strengthen one's faith and resist temptations to avoid falling into sinful behaviors.

Laws Of Social Psychology And How Can Society Rises

Social psychology examines how people's thoughts, feelings, and behaviors are influenced by the presence, actions, or expectations of others. Certain principles or "laws" in social psychology help explain the dynamics of how societies function and what leads to collective success or failure. These principles can guide a society to rise and achieve greatness.

Key Social Psychology Laws:

1. The Law of Social Influence:

- Individuals are deeply influenced by the people around them, including leaders, peers, and societal norms. When positive influences, such as role models or moral leaders, dominate, societies tend to adopt constructive behaviors, leading to unity and progress.

2. The Law of Group Dynamics:

- Human behavior changes significantly in group settings. Cooperation, collaboration, and shared goals within groups create synergy, leading to innovation and

progress. Conversely, group conflicts or divisions can hinder development.

3. The Law of Reciprocity:

- The principle of reciprocity is the idea that people feel obligated to return favors or kindness. Societies that encourage mutual aid and support create stronger bonds among individuals, fostering an environment of trust, cooperation, and shared success.

4. The Law of Conformity:

- People often conform to the norms of their society or group. When a society upholds values like justice, integrity, and hard work, individuals are more likely to conform to these values, contributing to the overall progress and stability of the society.

5. The Law of Leadership and Authority:

- Strong, ethical leadership can inspire and guide a society toward growth, while corrupt or weak leadership can lead to decay. A society that supports leaders who act in the best interests of the people often experiences unity and collective success.

How Societies Achieve Success and Rise Like a Shining Star:

1. Shared Vision and Values:

- Successful societies are often built on shared values and a collective vision for the future. When members of a society align their personal goals with a greater societal purpose, they contribute to collective progress. Historical examples include Islamic civilization during the Golden Age, where a shared vision of knowledge, justice, and morality led to remarkable achievements in various fields.

2. Strong Moral and Ethical Foundations:

- Societies that emphasize ethical behavior, justice, and fairness tend to be more stable and prosperous. The enforcement of laws that reflect these values helps create a sense of order and trust among citizens, which is essential for sustained success.

3. Education and Knowledge:

- The rise of any society is closely tied to its commitment to knowledge and education. Societies that prioritize learning and innovation, like the Islamic world during its Golden Age or the Renaissance in Europe, have historically led advancements in science, culture, and technology.

4. Unity and Cooperation:

- A society that fosters cooperation among its members, respects diversity, and minimizes internal conflict is more likely to achieve success. Unity doesn't mean uniformity but rather a collective commitment to the greater good, despite differences.

5. Resilience and Adaptability:

- Successful societies are resilient in the face of challenges. They learn from past mistakes, adapt to changing circumstances, and use crises as opportunities for growth. The ability to bounce back from adversity is key to a society's long-term success.

6. Justice and Social Welfare:

- A fair distribution of resources and opportunities, along with attention to the well-being of all citizens, helps prevent social unrest and builds a stronger society. Justice ensures that everyone has a stake in the success of the society, which promotes unity and collective progress.

By following these principles, a society can rise and become a shining star in history, leaving a legacy of prosperity, justice, and innovation for future generations. The Islamic civilization, for instance, thrived when it embraced knowledge, justice, and moral leadership, making significant contributions to world history.

Social Skills And Society Development In View Of Islam

Developing social skills is essential for fostering a harmonious society, where individuals contribute positively to the community's well-being. In Islam, social

conduct is deeply rooted in the teachings of the Quran and the sayings of the Infallibles (the Prophet Muhammad (PBUH) and the Imams (AS)). These teachings provide a comprehensive guide to building social skills that not only benefit the individual but also elevate society as a whole.

Key Social Skills and Their Development According to Islamic Teachings:

1. Effective Communication:

- Quranic Guidance: The Quran emphasizes the importance of speaking kindly and truthfully. "And speak to people good [words]" (Quran 2:83). Effective communication in Islam means speaking with wisdom, respect, and honesty.

- Hadith: Imam Ali (AS) said, "Speak in such a way that your words bring you honor, not shame."

- Application: To develop effective communication, focus on being clear, honest, and considerate in your conversations. Avoid harsh language, and aim to understand others' perspectives. This fosters trust and respect within society.

2. Empathy and Compassion:

- Quranic Guidance: Empathy is central in Islam, as seen in the verse: "And lower your wing to the believers who

follow you" (Quran 26:215). This metaphorical expression encourages humility and care toward others.

- Hadith: The Prophet Muhammad (PBUH) said, "None of you will truly believe until you love for your brother what you love for yourself."

- Application: Developing empathy involves actively listening to others, understanding their feelings, and responding with kindness. This builds strong relationships and a supportive community.

3. Patience and Forbearance:

- Quranic Guidance: Patience (Sabr) is a highly praised virtue in the Quran. "Indeed, Allah is with the patient" (Quran 2:153). Patience in social interactions allows for more thoughtful responses and prevents conflicts.

- Hadith: Imam Ali (AS) said, "The best companion is patience."

- Application: Cultivate patience by practicing self-restraint, especially in difficult situations. This reduces impulsive actions that can harm social relationships and allows for more constructive problem-solving.

4. Cooperation and Teamwork:

- Quranic Guidance: Islam encourages collective effort. "And cooperate in righteousness and piety, but do not cooperate in sin and aggression" (Quran 5:2). Working together for good brings societal benefits.

- Hadith: The Prophet Muhammad (PBUH) said, "The believer to the believer is like a building, one part supporting the other."

- Application: Developing teamwork skills involves being open to collaboration, valuing others' contributions, and working towards common goals. This strengthens the community and promotes mutual support.

5. Conflict Resolution:

- Quranic Guidance: Islam emphasizes resolving conflicts justly and peacefully. "The believers are but brothers, so make settlement between your brothers" (Quran 49:10). Reconciliation is encouraged as a way to maintain social harmony.

- Hadith: Imam Ali (AS) advised, "Do not hate anyone, for that is a weakness of your soul."

- Application: Develop conflict resolution skills by promoting forgiveness, understanding, and seeking peaceful solutions. Avoid holding grudges, and strive to mediate disputes with fairness.

6. Generosity and Selflessness:

- Quranic Guidance: Generosity is a key social virtue in Islam. "You will never attain righteousness until you spend in the cause of Allah from that which you love" (Quran 3:92). Being generous fosters a spirit of community and support.

- Hadith: The Prophet Muhammad (PBUH) said, "The upper hand (the one that gives) is better than the lower hand (the one that receives)."

- Application: Develop generosity by helping others without expecting anything in return, whether through wealth, time, or knowledge. This creates a culture of giving and support within society.

7. Respect and Humility:

- Quranic Guidance: Respecting others, regardless of their status, is emphasized in Islam. "And do not turn your cheek [in contempt] toward people, and do not walk through the earth exultantly. Indeed, Allah does not like everyone self-deluded and boastful" (Quran 31:18).

- Hadith: Imam Ali (AS) said, "Humility is the ornament of honor."

- Application: Develop respect and humility by treating everyone with dignity, regardless of their background or status. A humble attitude attracts others and creates an environment of mutual respect in society.

Building a Society that Rises:

Islamic teachings emphasize that individual social skills contribute to the collective rise of society. When individuals embody virtues like empathy, patience, respect, and generosity, these qualities spread throughout the community. The result is a society that thrives on cooperation, mutual respect, and justice.

- Modeling Leadership: The Infallibles led by example, displaying impeccable social behavior, which inspired others to follow. By emulating their conduct, individuals can become leaders in their communities, fostering a culture of excellence and growth.

- Continuous Self-Improvement: Islam teaches that self-reflection and improvement are lifelong processes. By constantly refining one's social skills and encouraging others to do the same, society can collectively progress and rise.

In essence, developing strong social skills rooted in Islamic teachings helps build a society that is unified, prosperous, and shining, much like the historical Islamic Golden Age.

Life Skills in sight of Ayatollah Khamenei

Ayatollah Seyyed Ali Khamenei, in his view of Islamic lifestyle (Life Skills), emphasizes various important skills that are essential for living a successful and balanced life as a Muslim individual and as part of a community. These skills are deeply rooted in Islamic teachings, ethics, and the higher principles of humanity, providing guidance in every aspect of life. Here are some of the key skills as highlighted by him:

1. Moral Training:

- Explanation: According to Ayatollah Khamenei, moral training is the central component of an Islamic life. Moral principles play a fundamental role in building a person's character and personality. Honesty, trustworthiness, justice, and forgiveness are the foundational principles of Islamic society.

- Example: Every person should strive to improve themselves, treat others well, and contribute to the welfare of society.

2. Knowledge and Study:

- Explanation: Ayatollah Khamenei views knowledge as an essential part of Islamic life. Islam has always encouraged the pursuit of knowledge, not only religious knowledge but also scientific, sociological, and technological knowledge.

- Example: Individuals should continuously seek knowledge and cultivate a habit of study so that they can play a better role in society.

3. Family and Family Relations:

- Explanation: The family system is a crucial part of Islamic lifestyle. Ayatollah Khamenei emphasizes strengthening family relations with love, respect, and a sense of responsibility.

- Example: Relationships between parents and children should be based on love, respect, and goodwill, which are essential elements of Islamic life.

4. Social Responsibility:

- Explanation: In Ayatollah Khamenei's teachings, the sense of social responsibility is of fundamental importance in Islamic life. Individuals must contribute to the welfare of society and fulfill their obligations.

- Example: Active participation in social justice, poverty alleviation, and helping the weaker segments of society is a part of Islamic life.

5. Social Justice and Fairness:

- Explanation: Justice and fairness are the foundational principles of Islamic society. Ayatollah Khamenei expects both individuals and governments to adhere to justice.

- Example: To uphold justice in society, every individual should fulfill their duties and stand against oppression.

6. Economic Skills:

- Explanation: Economic skills are a vital part of Islamic life according to Ayatollah Khamenei. Every individual should properly manage their financial resources, practice frugality, and strive to earn a lawful livelihood.

- Example: Avoiding wastefulness, strengthening personal finances, and helping others financially are part of Islamic economic skills.

7. Health and Physical Training:

- Explanation: Ayatollah Khamenei sees physical health and training as important aspects of Islamic life. Islam

emphasizes the protection of physical health so that a person can perform their religious and worldly duties effectively.

- Example: Regular exercise, eating a balanced diet, and adopting a healthy lifestyle are essential components of Islamic training.

8. Proper Use of Time:

- Explanation: Valuing time and using it wisely is a key principle of Islamic lifestyle. Ayatollah Khamenei teaches to avoid wasting time and to dedicate it to productive activities.

- Example: To make the best use of time, individuals should plan their daily lives and strive to complete their tasks on time.

9. Worship and Spirituality:

- Explanation: Worship and spiritual training are central aspects of Islamic life. According to Ayatollah Khamenei's teachings, spiritual development is the key to a person's success.

- Example: Making prayer, supplication, and other forms of worship a necessary part of life and seeking closeness to Allah are ways to enhance spiritual life.

10. Observance of Halal and Haram:

- Explanation: In an Islamic lifestyle, it is necessary to be mindful of what is halal (permissible) and haram (forbidden). According to Ayatollah Khamenei, every

Muslim should conduct their daily life according to Allah's commands and avoid forbidden things.

- Example: Consuming halal food, adopting halal means of earning, and avoiding disobedience to Allah in social, commercial, and personal life.

11. Modesty and Chastity:

- Explanation: Ayatollah Khamenei places great importance on modesty and chastity in an Islamic lifestyle. Islam has made purity and decency obligatory for both men and women.

- Example: Wearing Islamic attire, maintaining appropriate boundaries with non-mahrams (those who are not close relatives), and keeping piety in one's heart.

12. Social Harmony:

- Explanation: Harmony and brotherhood are essential in Islamic society. Ayatollah Khamenei encourages Muslims to treat each other with love and brotherhood to maintain peace and tranquility in society.

- Example: Respecting others' rights despite differences, helping each other, and resolving conflicts peacefully.

13. Mental and Spiritual Resilience:

- Explanation: According to Ayatollah Khamenei, mental and spiritual resilience is necessary for an Islamic life. It is essential to be patient, tolerant, and strong in

faith to face challenges and difficulties in different stages of life.

- Example: Being content with Allah's will in times of distress, facing difficulties with faith, and combating psychological pressure through spiritual strength.

14. Self-Accountability:

- Explanation: In an Islamic life, self-accountability is essential. Ayatollah Khamenei emphasizes self-reflection and personal reform so that one can recognize and correct their mistakes.

- Example: Reviewing one's actions daily, correcting mistakes, and striving for the purification of the self.

15. Love and Affection:

- Explanation: Ayatollah Khamenei considers love and affection as an essential part of Islamic society. Islam teaches treating every human with love and goodwill.

- Example: Showing love, affection, and sympathy to one's family, neighbors, and other members of society, and making efforts to unite hearts.

16. Strong Will and Determination:

- Explanation: Strong will and determination are highly valued in Islamic life. According to Ayatollah Khamenei, Muslims should demonstrate firm resolve and steadfastness in achieving their goals.

- Example: Not giving up on goals despite difficulties, adopting a positive mindset, and moving forward toward one's objectives with persistence.

17. Discipline:

- Explanation: Ayatollah Khamenei sees discipline as the key to success in Islamic life. Order and discipline are important in both personal and social life.

- Example: Organizing one's time and resources efficiently, bringing order into daily tasks, and ensuring that everything is in its proper place.

18. Self-Reliance and Independence:

- Explanation: Ayatollah Khamenei teaches self-reliance and independence in Islamic life. One should rely on their own abilities rather than depending on others.

- Example: Striving to meet one's own needs, becoming economically self-sufficient, and not relying on the favors of others.

19. Social Justice and Fairness:

- Explanation: According to Ayatollah Khamenei, establishing justice and fairness is of fundamental importance in Islamic life. This promotes justice not only in individual matters but also throughout the social system.

- Example: Speaking out against injustice in society, helping the oppressed, and upholding justice at every level.

20. Thought and Reflection:

- Explanation: The ability to think and reflect is also important in Islamic life. Ayatollah Khamenei encourages Muslims to ponder over life's various issues and make informed decisions based on knowledge.

- Example: Thinking deeply about life's challenges, gaining insight into religious and worldly matters, and developing the ability to make the right decisions.

All these skills, according to Ayatollah Khamenei's teachings, are integral to an Islamic lifestyle. By practicing these skills, not only does an individual grow personally, but the entire society moves forward on the path of progress.

Social Life Skills In Sight Of Ayatollah Khamenei

According to the teachings of Ayatollah Khamenei, social life skills are essential for strengthening Islamic social life and establishing positive relationships among individuals. These skills aim to equip individuals with abilities that not only enhance their own lives but also contribute to the development and stability of the entire society. In Ayatollah Khamenei's view, the following are some of the important social life skills:

1. Respect and Dignity:

- Explanation: In social life, respect and dignity for others are fundamental Islamic principles. Ayatollah Khamenei emphasizes the importance of respecting others' rights and treating them with dignity in social life.

- Example: Speaking politely and respectfully with others, showing respect to elders, and treating children with kindness.

2. Cooperation and Harmony:

- Explanation: In Ayatollah Khamenei's view, cooperation and harmony are essential for success in social life. Collaborating with one another to solve societal issues and working together toward common goals are the spirit of Islamic society.

- Example: Participating in social projects, cooperating with neighbors and community members, and helping each other in times of difficulty.

3. Controlling Anger:

- Explanation: Ayatollah Khamenei considers controlling anger an important skill in social life. One should gain control over their emotions to prevent conflicts in social relationships.

- Example: Practicing patience in moments of anger, avoiding aggressive behavior, and adopting the habit of forgiveness.

4. Forgiveness and Pardon:

- Explanation: Forgiveness and pardon are key principles in Islamic social life. According to Ayatollah Khamenei, forgiving others for their mistakes and showing forbearance are essential for social harmony.

- Example: Forgiving others for their mistakes, avoiding grudges and resentment, and resolving matters through reconciliation.

5. Good Character (Husn al-Khulq):

- Explanation: Ayatollah Khamenei considers good character an essential part of Islamic social life. Treating others with kindness and love, and exhibiting good behavior, are integral to Islamic social etiquette.

- Example: Interacting with everyone with good manners, being mindful of others' needs, and avoiding harsh behavior.

6. Social Justice:

- Explanation: Ayatollah Khamenei views social justice as a fundamental component of Islamic society. Establishing justice in society, ensuring equal distribution of rights, and avoiding oppression are mandatory.

- Example: Keeping justice in mind when addressing social issues, eliminating social inequalities, and supporting the oppressed.

7. Good Counsel and Guidance:

- Explanation: Ayatollah Khamenei emphasizes the importance of offering good advice and guidance in

social life. This skill plays a positive role in solving social issues.

- Example: Giving good advice to the youth, guiding people on the right path, and providing direction for the betterment of society.

8. Reconciliation and Conflict Resolution:

- Explanation: According to Ayatollah Khamenei, reconciliation and peaceful conflict resolution are necessary in Islamic society. Promoting peace and reconciliation to resolve differences in social life is important.

- Example: Acting as a mediator in disputes, resolving differences peacefully, and establishing reconciliation between two parties.

9. Sense of Responsibility:

- Explanation: Ayatollah Khamenei emphasizes a sense of responsibility in Islamic social life. Every individual should be aware of their responsibilities and fulfill them with complete honesty.

- Example: Participating in social work, understanding and fulfilling responsibilities towards one's family, neighborhood, and society.

10. Trust and Reliability:

- Explanation: Ayatollah Khamenei highlights the importance of trust and reliability in social life. Trust

among people is essential for strengthening social relationships.

- Example: Trusting others, keeping promises, and adopting honesty in words and actions.

11. Kindness and Compassion:

- Explanation: Ayatollah Khamenei considers kindness and compassion key principles of Islamic society. Showing compassion and helping others are secrets to success in social life.

- Example: Helping the poor and needy, visiting the sick, and fulfilling the needs of those in difficulty.

12. Respect for Diverse Opinions:

- Explanation: Ayatollah Khamenei teaches respect for diverse opinions. In Islamic society, it is necessary to tolerate and respect different ideas.

- Example: Listening to different viewpoints, respecting differences of opinion, and resolving issues through dialogue.

13. Enjoining Good and Forbidding Evil:

- Explanation: In Islamic society, adopting the teachings of enjoining good and forbidding evil is essential. According to Ayatollah Khamenei, inviting others towards good and preventing evil are fundamental Islamic principles in social life.

- Example: Highlighting social evils, encouraging others to follow the path of righteousness, and taking appropriate measures to prevent wrongdoing.

These social life skills, in Ayatollah Khamenei's view, are essential for a successful Islamic social life. By practicing these skills, individuals can not only achieve success in their own lives but also contribute to the development and stability of the entire society.

New Islamic Civilization In Sight Of Ayatollah Khamenei

Ayatollah Khamenei's concept of "Tamadun-e-Nowin Islami" (New Islamic Civilization) is a vision aimed at reviving the Islamic world and establishing a society based on Islamic principles while meeting the demands of the modern world. According to this concept, a new era of Islamic civilization will be possible when Muslims utilize their intellectual, spiritual, and practical capabilities to build a modern and powerful Islamic society that adheres to religious principles and ethics while advancing in science, technology, and modern intellectual development.

Key Points of New Islamic Civilization:

1. Societal Development Based on Islamic Values:

- The goal of the New Islamic Civilization is to create a society where Islamic values, such as justice, fairness, ethics, and the welfare of humanity, are prioritized. This

societal development will be based on Islamic principles and connected to both worldly and spiritual well-being.

2. Advancement of Knowledge and Research:

- In this new era of Islamic civilization, knowledge and research will be given central importance. According to Ayatollah Khamenei, Muslim nations should promote scientific and research development to become self-reliant in the field of modern knowledge and achieve respect and status among the nations of the world.

3. Political Independence and Freedom:

- Under the New Islamic Civilization, Muslim countries must preserve their political independence and free themselves from the dominance of external powers. The aim is to establish independent and sovereign Islamic states that can protect the interests of the global Islamic Ummah on the international stage.

4. Economic Self-Sufficiency:

- According to Ayatollah Khamenei's vision, economic self-sufficiency is extremely important in the New Islamic Civilization. Muslim countries must improve their economic conditions by utilizing resources and energy efficiently, reducing dependence on external aid, and standing on their own feet.

5. Cultural Revival:

- In the new era of Islamic civilization, Islamic culture will be revived so that Muslims can take pride in their

cultural and civilizational heritage and present it to the world. The aim of this cultural revival is to strengthen Islamic identity.

6. Islamic Unity and the Concept of Ummah:

- Ayatollah Khamenei considers the promotion of unity and solidarity within the Islamic world an essential component of the New Islamic Civilization. Muslim countries and people must adopt the concept of a united Ummah, avoiding sectarianism and division, to become a powerful nation on the world stage.

7. Moral and Spiritual Training:

- In the new era of Islamic civilization, emphasis will be placed on the moral and spiritual training of individuals and society. According to Ayatollah Khamenei, adopting Islam's moral and spiritual teachings and making them a part of daily life is the foundation of the New Islamic Civilization.

The Objective of the New Islamic Civilization:

Ayatollah Khamenei's vision of the New Islamic Civilization aims to enable Muslims to become a strong, independent, and influential Ummah on a global scale. This concept encourages Muslims to return to their Islamic heritage while also advancing according to the needs of the modern world. The purpose of this New Islamic Civilization is to present the true image of Islam to the world and to create a society that symbolizes human welfare, justice, and progress.

In Summary:

The New Islamic Civilization is a comprehensive vision by Ayatollah Khamenei, aimed at building a modern Islamic society that is self-sufficient intellectually, economically, and culturally, while firmly rooted in Islamic principles.

Theory of Resistant Economoy

Ayatollah Khamenei's concept of "Eqtisaad-e-Muqawamati" (Resistant Economy) is an economic ideology aimed at strengthening the internal economy and protecting it from external pressures. This concept was formulated in response to the challenges posed by the global economic system and external sanctions, with the goal of making Islamic countries, particularly Iran, self-sufficient in their economies and safeguarding them from the effects of economic sanctions imposed by the enemies of Islam.

Explanation of Resistant Economy:

According to Ayatollah Khamenei, the Resistant Economy is an economic system that can stabilize and sustain the country's economy despite external pressures, sanctions, and economic warfare. The goal of this system is to use national resources effectively and promote domestic production so that the country can become self-reliant in meeting its needs.

Key Features of the Resistant Economy:

1. Self-Sufficiency and Promotion of Domestic Production:

- The primary objective of the Resistant Economy is to promote domestic production. By utilizing the resources and capabilities available within the country, the economy is strengthened, and dependence on external imports is reduced.

2. Scientific and Intellectual Advancement:

- In Ayatollah Khamenei's view, self-sufficiency in the fields of science and research is essential for economic development. In the Resistant Economy, research and development (R&D) must be promoted, and modern scientific knowledge adopted to enable innovation and progress in the economy.

3. Efficient Use of National Resources:

- One of the key features of the Resistant Economy is the proper and effective use of national resources. This concept emphasizes the optimal utilization of the country's natural, human, and financial resources to move towards economic self-reliance.

4. Reducing Dependence on Imports:

- A critical goal of the Resistant Economy is to reduce reliance on imports and promote local products. This will

lead to the growth of domestic industries and strengthen the national economy.

5. Countering Economic Sanctions:

- According to Ayatollah Khamenei, the Resistant Economy aims to counter external economic sanctions and pressures. A strong economy is one that can withstand the effects of sanctions imposed by external powers and continue on its path of development.

6. Public Participation:

- In the Resistant Economy, public participation is given special importance. People are encouraged to contribute to various sectors of the economy, leading to economic stability and guiding the nation towards self-reliance.

7. Moderation in Consumption:

- Ayatollah Khamenei emphasizes that in the Resistant Economy, extravagance and wastefulness are condemned, and moderation is promoted. To stabilize the economy, society must avoid unnecessary expenditures and wasteful spending.

8. Promotion of Exports:

- The Resistant Economy also stresses the importance of promoting the export of domestic products. By increasing exports, national income will rise, and the economy will develop on a global level.

9. Social Justice:

- Under the Resistant Economy, it is essential to establish justice and fairness in the economy. The concept emphasizes that wealth should be distributed equitably, and poverty and social inequalities should be eradicated.

10. Sustainable Development:

- The Resistant Economy places importance on sustainable development so that economic progress is achieved while considering environmental impacts, preserving resources for the future.

Objective of the Resistant Economy:

The objective of Ayatollah Khamenei's concept of the Resistant Economy is for Islamic countries, particularly Iran, to strengthen their economies to the extent that they can continue to develop despite external pressures, sanctions, and economic warfare. This concept emphasizes economic self-sufficiency, domestic production, and the optimal use of national resources to protect the economy from both internal and external threats.

In Summary:

The Resistant Economy is a comprehensive economic theory proposed by Ayatollah Khamenei, designed to strengthen the internal economy and protect it from the effects of external sanctions. Through self-sufficiency,

scientific advancement, efficient resource use, and public participation, the economy can be stabilized and developed.

Resistant Economy In Private Life

Ayatollah Khamenei's concept of "Resistance Economy" can also be applied in personal or private life to strengthen individuals' economic lives, achieve self-sufficiency, and protect themselves from external economic pressures. Adopting the principles of Resistance Economy in personal life can help in forming a stable, self-reliant, and sustainable life.

Key Ways to Implement Resistance Economy in Private Life:

1. Financial Self-Sufficiency and Savings:

- Explanation: On an individual level, it is essential to manage one's income effectively and avoid extravagance to achieve financial self-sufficiency. Allocating a portion of income for savings and securing it for future needs is crucial.

- Practical Implementation: Set aside a reasonable portion of your income each month for savings, avoid unnecessary expenses, and adopt financial strategies that provide you with security for the future.

2. Simplicity and Moderation:

- Explanation: One of the important principles of Resistance Economy is simplicity and moderation. Avoiding unnecessary luxuries and extravagance in life and adopting a simple lifestyle can lead to financial stability.

- Practical Implementation: Embrace simplicity in your daily expenses, avoid unnecessary luxuries, and limit your needs to stabilize your financial situation.

3. Self-Reliance and Use of Local Products:

- Explanation: According to the theory of Resistance Economy, striving to obtain necessary items from local resources and preferring local products is key to achieving self-reliance. This not only strengthens your economy but also boosts the local economy.

- Practical Implementation: Reduce reliance on foreign goods and buy local products. Where possible, make things yourself or utilize local resources.

4. Acquiring Knowledge and Technical Skills:

- Explanation: On an individual level, improving one's knowledge and technical skills is also part of Resistance Economy. Knowledge and skills are resources that can help a person improve their financial situation.

- Practical Implementation: Enhance your educational and technical abilities, learn new skills, and specialize in fields that can support your financial independence and stability.

5. Social Cooperation and Solidarity:

- Explanation: In individual life, social cooperation and helping others is part of the principles of Resistance Economy. Cooperation and solidarity in society make it easier to tackle economic challenges.

- Practical Implementation: Work together with your community, cooperate in solving common problems, and help each other to strengthen the economy of the entire society.

6. Environmentally Friendly Lifestyle:

- Explanation: Sustainable development and environmental protection are also part of the principles of Resistance Economy. Adopting an environmentally friendly lifestyle in private life can not only protect the environment but also provide economic benefits.

- Practical Implementation: Take steps like saving energy, reducing water waste, and recycling. Use eco-friendly products and avoid wasting resources.

7. Self-Sufficient Food:

- Explanation: Under Resistance Economy, trying to produce your own food is also included. If possible, grow vegetables at home or use local food sources.

- Practical Implementation: Grow vegetables in your yard or on the rooftop, learn gardening, and achieve self-reliance in food production.

8. Ethical and Religious Training:

- Explanation: A significant aspect of Resistance Economy is following ethical and religious principles. Manage your financial affairs according to Islamic teachings, work with honesty, and earn your livelihood through lawful means.

- Practical Implementation: Adopt honesty and transparency in financial matters, prioritize halal income, and make your financial decisions in line with Islamic principles.

Impact of Resistance Economy on Private Life:

Adopting the principles of Resistance Economy in private life not only provides financial stability and self-sufficiency but also contributes to social stability. When individuals are self-reliant and financially strong, the entire society becomes economically strong, making it easier to withstand external pressures and sanctions.

Summary:

The purpose of adopting the concept of Resistance Economy in private life is to strengthen one's economic condition through simplicity, self-sufficiency, and the development of knowledge and technical skills so that both the individual and society can successfully face economic challenges.

How Can Society Achieve Economic Welfare In A Corrupt Government?

For countries like Pakistan, which are caught in the grip of global financial institutions and where corruption is present in leadership, achieving economic self-sufficiency and prosperity for the general public is a challenging but achievable goal. Individuals and society must work together to reduce reliance on foreign loans and corrupt systems and move towards self-sufficiency.

Essential Steps for Economic Self-Sufficiency at the Social and Individual Level:

1. Promotion of Education and Technical Skills:

- Explanation: Promoting education and technical skills at both individual and societal levels is crucial. Through education, individuals can better utilize economic opportunities. Acquiring technical skills can make individuals self-reliant in their employment.

- Practical Action: Government, private institutions, and NGOs should initiate vocational education and training programs to help the youth learn skills and gain employment. Vocational training should be integrated into school curricula.

2. Promotion of Local Production and Industries:

- Explanation: Promoting local industries and businesses is essential to achieve self-sufficiency in the

national economy and provide employment opportunities to the public.

- Practical Action: To promote local production, people should be trained in business skills, and the government should provide easy loans to start small businesses.

3. Agricultural Development and Self-Sufficient Food:

- Explanation: Pakistan is an agricultural country, and self-sufficient food can be achieved through agricultural development. The use of modern techniques in agriculture and the training of farmers can strengthen the economy.

- Practical Action: Farmers should be taught modern agricultural techniques, measures should be taken for the effective use of water, and government support should be provided to increase agricultural production.

4. Savings and Simple Lifestyle:

- Explanation: Individuals should adopt a simple lifestyle to avoid unnecessary expenses and save money. Savings can lead to financial stability at an individual level, which in turn affects society.

- Practical Action: The public should be made aware of the benefits of financial planning and savings. Simplicity should be promoted through media, and the harms of extravagance should be highlighted.

5. Social Cooperation and Joint Ventures:

- Explanation: Joint ventures can be initiated through social cooperation and solidarity at the societal level, which can lead to economic development. Starting investment and business projects at the community level can be a step towards societal self-sufficiency.

- Practical Action: Business organizations should be formed at the community level where individuals can invest jointly and help each other. The establishment of community banks and cooperative societies could also be a good step.

6. Public Awareness Against Corruption:

- Explanation: Promoting public awareness and vigilance against corrupt systems is essential. The public needs to understand the negative impact of corruption and how its eradication can strengthen the national economy.

- Practical Action: Public campaigns against corruption should be launched, honesty should be promoted, and voices should be raised for transparency in government institutions.

7. Financial Planning and Organization:

- Explanation: Financial planning and organization are necessary at an individual level so that people can manage their income better and strengthen their financial position.

- Practical Action: Individuals should be trained in financial planning, made aware of the banking system, and steps should be taken to help people learn better financial organization.

8. Small Self-Sufficiency Projects:

- Explanation: Individuals should be encouraged to start small-scale self-sufficiency projects, such as growing vegetables at home, raising livestock, or starting a small business.

- Practical Action: The government and NGOs should initiate small projects to make people self-sufficient. Provision of small loans and technical support should be offered.

Economic Skills Necessary for a Prosperous Life:

1. Financial Planning Skills: Learning better planning of income and expenses, saving, and investment methods.

2. Business Skills: Skills in starting businesses, marketing, and financial management.

3. Agricultural Skills: The use of modern agricultural techniques and skills to increase crop production.

4. Technical Skills: Skills in technical and vocational fields that help secure employment.

5. Sustainable Development Skills: Skills for an environmentally friendly lifestyle and effective resource utilization.

Conclusion:

Achieving economic self-sufficiency at both the societal and individual levels is possible if individuals move towards self-reliance and promote social cooperation. Education, technical skills, the promotion of local industries, and awareness against corruption are all key factors for societal self-sufficiency. This way, the people of countries like Pakistan can improve their lives and free themselves from the grip of global financial institutions and corrupt systems.

Core Differences Among Revolutionary, Diplomat and Hypocrite

The terms hypocrite, diplomat, and revolutionary describe distinct personas or approaches in behavior, ideology, and actions, each with core differences rooted in intent, method, and underlying values. Here's a breakdown of the differences:

1. Hypocrite:

- Definition: A hypocrite is someone who pretends to have beliefs, virtues, or moral standards that they do not

genuinely possess. They act contrary to their expressed beliefs or values.

- Key Traits:

- Deceptive Intent: The hypocrite's actions are often self-serving, aiming to create a false image or deceive others for personal gain.

- Lack of Integrity: There is a clear inconsistency between what they preach and what they practice. They may promote certain ideals publicly while privately acting in the opposite way.

- Manipulation: Hypocrisy is often used as a means to manipulate others, appearing trustworthy or virtuous while secretly working against those same principles.

- Example: A leader who promotes honesty and integrity but engages in corruption or lies behind closed doors.

2. Diplomat:

- Definition: A diplomat is someone skilled in managing negotiations and relationships, particularly between different groups, countries, or parties. Diplomats aim to resolve conflicts and achieve consensus through careful communication and compromise.

- Key Traits:

- Tactful and Strategic: Diplomats are strategic in their communication and approach. They navigate conflicts and differences with the goal of minimizing confrontation and finding common ground.

- Negotiation and Compromise: Unlike hypocrites, diplomats work towards real solutions and compromises. They value peace, cooperation, and mutual understanding, even if it means making concessions.

- Integrity in Role: Although they may present different perspectives to different parties, diplomats generally do so with the intention of creating beneficial outcomes, not deception.

- Example: An international envoy who negotiates a peace treaty between warring nations, balancing the needs and interests of both sides.

3. Revolutionary:

- Definition: A revolutionary is someone who seeks radical change, often by challenging the existing system or order. Revolutionaries aim to transform society, politics, or culture, typically through direct action or rebellion against the status quo.

- Key Traits:

- Passion for Change: Revolutionaries are driven by a desire for profound change and often have a clear

vision of an alternative future. They challenge the current system, which they see as flawed or unjust.

- **Confrontational Approach:** Unlike diplomats, revolutionaries are often confrontational, seeing compromise as insufficient. They may resort to protests, uprisings, or even violence if they believe it necessary to achieve their goals.

- **Ideological Commitment**: Revolutionaries are typically deeply committed to their cause or ideology, sometimes to the point of rejecting any middle ground or negotiation that doesn't align with their goals.

- Example: A political activist leading a mass movement against an oppressive government, seeking to overthrow it and implement new policies or structures.

Core Differences:

1. Intent and Values:

- **Hypocrite:** Acts with deceptive intent, often prioritizing self-interest over genuine values.

- **Diplomat:** Seeks to foster mutual understanding and resolve conflicts, prioritizing peace and cooperation.

- **Revolutionary:** Driven by strong ideological beliefs, aiming for significant change and often willing to disrupt the status quo.

2. Approach and Methods:

- **Hypocrite:** Uses deception and manipulation, presenting a false image to others.

- **Diplomat:** Employs tact, negotiation, and compromise, striving for balanced outcomes.

- **Revolutionary:** Uses direct action, often confrontational or radical methods, to push for systemic change.

3. Relationship with Conflict:

- **Hypocrite:** Avoids conflict by masking true intentions, often creating hidden tensions.

- **Diplomat:** Engages with conflict to find peaceful or negotiated solutions, often defusing tensions.

- **Revolutionary:** Embraces conflict as a necessary means to an end, willing to escalate it to achieve transformative goals.

In summary, the hypocrite is marked by deception, the diplomat by compromise and conflict resolution, and the revolutionary by a passion for radical change, often through confrontation.

Laws of Social Psychology

Social psychology encompasses various principles and laws that explain how people think, feel, and behave in social contexts. Here are some key laws and principles often discussed in social psychology:

1. Law of Reciprocity: The principle that people feel obligated to return favors or kindnesses.

2. Law of Consistency: People strive to be consistent with their past behaviors, attitudes, and commitments. Once someone commits to something, they are more likely to follow through.

3. Law of Social Proof: Individuals look to others to determine what is correct behavior in a given situation. If others are doing something, it is often seen as the correct behavior.

4. Law of Liking: People are more likely to be influenced by individuals they like or who are similar to them.

5. Law of Authority: People are more likely to follow instructions or comply with requests from someone perceived as an authority figure.

6. Law of Scarcity: The perception of limited availability can increase the attractiveness or value of an item or opportunity.

7. Fundamental Attribution Error: The tendency to attribute others' behaviors to their character or

disposition while attributing one's own behaviors to external factors.

8. Self-Serving Bias: The tendency to attribute positive outcomes to oneself and negative outcomes to external factors.

9. Halo Effect: The tendency for an overall impression of a person to influence how we feel and think about their character.

10. Just-World Hypothesis: The belief that the world is fundamentally just and that people get what they deserve.

11. Cognitive Dissonance Theory: The theory that people experience discomfort when holding conflicting beliefs or when their behavior conflicts with their attitudes, leading them to change their beliefs or behaviors to reduce the dissonance.

12. Social Exchange Theory: The idea that social interactions are based on the exchange of rewards and costs, and people seek to maximize rewards and minimize costs.

13. Ingroup vs. Outgroup Bias: The tendency to favor one's own group (ingroup) over others (outgroups), often leading to prejudice and discrimination.

14. Attraction-Similarity Model: The principle that people are more attracted to others who are similar to themselves in various ways.

15. Bystander Effect: The phenomenon where individuals are less likely to offer help to a victim when other people are present, due to a diffusion of responsibility.

16. Diffusion of Responsibility: The tendency for individuals to feel less responsible for taking action in a group setting because the responsibility is shared among all group members.

17. Social Facilitation: The tendency for individuals to perform better on simple or well-practiced tasks when in the presence of others, compared to when alone.

18. Social Loafing: The tendency for individuals to exert less effort when working in a group compared to when working alone.

19. Groupthink: A psychological phenomenon where the desire for harmony or conformity in a group results in irrational or dysfunctional decision-making outcomes.

20. Deindividuation: The loss of self-awareness and individual accountability in group situations, which can lead to behavior that is out of character.

21. Reciprocal Altruism: The idea that individuals may help others with the expectation that the favor will be returned in the future.

22. Sunk Cost Fallacy: The tendency to continue investing in a decision based on the cumulative prior investment (time, money, effort) rather than on future benefits.

23. Contrast Effect: The tendency to perceive something as more or less favorable depending on what it is compared to. For example, a person may appear more attractive after a less attractive person.

24. Primacy Effect: The tendency to give more weight to the information that is presented first when forming impressions or making decisions.

25. Recency Effect: The tendency to give more weight to the most recent information received when forming impressions or making decisions.

26. Halo Effect: The tendency for an impression created in one area to influence opinions in another area. For example, if someone is perceived as physically attractive, they are also often perceived as having other positive traits.

27. Self-Fulfilling Prophecy: The phenomenon where a person's expectations about another person or situation lead them to act in ways that cause those expectations to come true.

28. False Consensus Effect: The tendency to overestimate the extent to which others share our beliefs, values, and behaviors.

29. False Uniqueness Effect: The tendency to underestimate the extent to which others share our positive attributes or behaviors.

30. Reactance Theory: The idea that people will act against or resist perceived attempts to limit their freedoms, often by doing the opposite of what is being prescribed.

31. Elaboration Likelihood Model (ELM): A theory explaining how attitudes are formed and changed through different routes of persuasion, namely the central route (based on content and logic) and the peripheral route (based on superficial cues).

32. Attachment Theory: A theory which suggests that early relationships with caregivers shape patterns of attachment in later relationships, affecting interpersonal dynamics and emotional responses.

33. The Theory of Planned Behavior: A theory which posits that behavior is influenced by attitudes toward the behavior, subjective norms, and perceived behavioral control.

34. Normative Social Influence: The influence of other people that leads us to conform in order to be liked and accepted by them.

35. Informational Social Influence: The influence of others that leads us to conform because we believe that others are correct and we are seeking accurate information.

36. Pluralistic Ignorance: A situation where individuals in a group mistakenly believe that their own feelings or

beliefs are different from those of the others in the group, leading to a lack of action or conformity.

37. Fundamental Attribution Error: The tendency to overemphasize personal characteristics and ignore situational factors when judging others' behavior.

38. Actor-Observer Effect: The tendency to attribute our own actions to external causes while attributing others' actions to internal causes.

39. Ultimate Attribution Error: The tendency to make biased attributions about entire groups of people, often attributing negative behavior to the group's inherent characteristics and positive behavior to external factors.

40. Belief Perseverance: The tendency to hold on to one's initial beliefs even when confronted with evidence that contradicts those beliefs.

41. Endowment Effect: The tendency to assign more value to things merely because we own them.

42. Mere Exposure Effect: The phenomenon where people develop a preference for things simply because they are familiar with them.

43. Gambler's Fallacy: The belief that future probabilities are altered by past events in a random process, such as thinking that a coin is "due" to land on heads after several tails.

44. Planning Fallacy: The tendency to underestimate the time, costs, and risks of future actions while

overestimating the benefits, leading to overly optimistic predictions.

45. Overconfidence Effect: The tendency for people to be more confident in their judgments and abilities than is objectively justified.

46. Foot-in-the-Door Technique: A compliance method where agreeing to a small request increases the likelihood of agreeing to a larger request later.

47. Door-in-the-Face Technique: A compliance method where refusing a large request makes it more likely that a person will agree to a smaller request.

48. Commitment and Consistency: The principle that once people commit to something, they are more likely to stick to it and act consistently with that commitment.

49. Social Identity Theory: The theory that people derive a sense of identity and self-esteem from their membership in social groups and that group membership influences attitudes and behaviors.

50. Impression Management: The process by which people try to control the impressions others form of them, often by presenting themselves in a favorable light.

51. Cognitive Dissonance: The discomfort experienced when holding conflicting cognitions or when one's behavior conflicts with their attitudes, leading to a

change in attitudes or behaviors to reduce the dissonance.

52. Self-Perception Theory: The theory that people infer their own attitudes and feelings by observing their own behavior and the context in which it occurs.

53. Social Comparison Theory: The theory that people determine their own social and personal worth based on how they stack up against others.

54. Reactance Theory: The theory that people experience psychological reactance when they perceive that their freedom to choose is being restricted, leading them to do the opposite of what is being urged.

55. Ingroup Favoritism: The tendency to favor and give preferential treatment to members of one's own group over those in outgroups.

56. Outgroup Homogeneity Effect: The perception that members of an outgroup are more similar to each other than members of one's own group.

57. Stereotype Threat: The anxiety and reduced performance that individuals experience when they are aware of a negative stereotype about their group.

58. Self-Efficacy: The belief in one's ability to succeed in specific situations or accomplish a task, which influences motivation and behavior.

59. Theory of Cognitive Dissonance: The theory that people experience discomfort when their actions are not

in alignment with their beliefs and will therefore change their beliefs or attitudes to reduce this discomfort.

60. Persuasion and Attitude Change: The study of how people's attitudes are influenced and changed by communication and persuasion tactics.

61. Halo Effect: The tendency for an impression of a person in one domain to influence opinions about their character in other domains. For example, if someone is perceived as attractive, they are often also assumed to be kind and intelligent.

62. False Consensus Effect: The tendency to overestimate how much other people share our beliefs, values, and behaviors.

63. False Uniqueness Effect: The tendency to underestimate the extent to which other people share our positive attributes or behaviors.

64. Reactance Theory: The theory that when people perceive their freedom to choose is being restricted, they experience psychological reactance and may act in a way to regain their freedom, often by doing the opposite of what is being imposed.

65. Social Learning Theory: The theory that people learn behaviors, attitudes, and emotional reactions through observing others and imitating their actions.

66. Priming: The process by which exposure to certain stimuli influences subsequent thoughts, feelings, and

behaviors. For example, seeing words related to aging may lead individuals to walk more slowly.

67. Schemas: Cognitive structures that help us organize and interpret information about the world, including social roles, relationships, and stereotypes.

68. Heuristics: Mental shortcuts or rules of thumb that simplify decision-making and problem-solving, such as the availability heuristic (basing judgments on the ease with which examples come to mind) and the representativeness heuristic (judging based on similarity to a prototype).

69. Bystander Effect: The phenomenon where individuals are less likely to help a victim when other people are present, due to the diffusion of responsibility.

70. Mere Exposure Effect: The tendency to develop a preference for things simply because they are familiar. Repeated exposure to a stimulus increases our liking for it.

71. Group Polarization: The tendency for group discussion to lead to more extreme positions or decisions than the individual members would make alone.

72. Groupthink: The tendency for cohesive groups to make poor decisions because the desire for harmony and conformity overrides realistic appraisal of alternatives.

73. Self-Fulfilling Prophecy: The phenomenon where a belief or expectation about a person or situation leads to behaviors that cause the belief to come true.

74. Social Facilitation: The tendency for people to perform better on simple or well-learned tasks in the presence of others compared to when alone.

75. Social Loafing: The tendency for individuals to exert less effort when working in a group compared to when working alone, due to the diffusion of responsibility.

76. Interpersonal Attraction: The factors that lead to the formation of friendships and romantic relationships, including physical attractiveness, similarity, and proximity.

77. Attribution Theory: The theory that explores how people explain the causes of behavior and events, including internal (dispositional) and external (situational) attributions.

78. Cognitive Biases: Systematic patterns of deviation from norm or rationality in judgment, where inferences about other people and situations may be drawn in an illogical manner.

79. Empathy: The ability to understand and share the feelings of another person, which influences prosocial behavior and interpersonal relationships.

80. Reciprocal Altruism: The concept that individuals may perform altruistic acts with the expectation that the favor will be returned in the future.

81. Self-Esteem: The evaluative aspect of the self-concept, reflecting an individual's overall sense of self-worth or self-approval.

82. Stereotypes: Overgeneralized and often simplified beliefs about a group of people that may lead to biased attitudes and behavior.

83. Prejudice: Preconceived opinions or attitudes about individuals or groups, often based on stereotypes, leading to discrimination and biased treatment.

84. Discrimination: Unjust or prejudicial treatment of individuals based on their membership in a particular group, such as race, gender, or religion.

85. Contact Hypothesis: The theory that under certain conditions, direct contact between members of different groups can reduce prejudice and improve intergroup relations.

86. Attitude Formation and Change: The study of how attitudes are developed, maintained, and changed, often involving processes such as persuasion and cognitive dissonance.

87. Prosocial Behavior: Actions intended to benefit others, such as helping, sharing, and comforting.

88. Aggression: Behavior intended to harm or intimidate others, which can be influenced by a range of factors including biological, social, and situational factors.

89. Social Identity Theory: A theory that explores how individuals' self-concepts are derived from their membership in social groups, influencing intergroup behavior and attitudes.

90. Attribution Theory: A theory that examines how people infer the causes of their own and others' behavior, distinguishing between internal and external attributions.

91. Norm of Reciprocity: The expectation that people will respond to each other in kind, reciprocating positive actions with positive actions and negative actions with negative ones.

92. Self-Verification Theory: The theory that people seek confirmation of their self-concept and identity, even if it is negative.

93. Self-Disclosure: The process of revealing personal information to others, which can affect interpersonal relationships and social bonding.

94. Belongingness Hypothesis: The theory that people have a fundamental need to belong and form lasting, positive relationships with others.

95. Ingroup Bias: The tendency to favor one's own group (ingroup) over other groups (outgroups), leading to

preferential treatment and positive attitudes toward ingroup members.

96. Outgroup Homogeneity Effect: The perception that members of an outgroup are more similar to each other than members of the ingroup are to each other.

97. Stereotype Content Model: A model that describes how people stereotype others based on warmth and competence, resulting in different emotional responses and behaviors.

98. Social Exchange Theory: The theory that social behavior is the result of an exchange process where people seek to maximize rewards and minimize costs in their interactions.

99. Equity Theory: The theory that people are motivated by fairness in relationships, and they will adjust their behavior to restore balance if they perceive inequity.

100. Reciprocal Determinism: The concept that personal, behavioral, and environmental factors interact and influence each other in a reciprocal manner.

101. Status Quo Bias: The tendency to prefer things to remain the same rather than change, often leading to resistance to new ideas or practices.

102. False Consensus Effect: The tendency to overestimate the extent to which others share our beliefs, values, and behaviors.

103. False Uniqueness Effect: The tendency to believe that our positive qualities and behaviors are unique and not shared by others.

104. Social Identity Complexity: The extent to which individuals have multiple, overlapping social identities and how this influences their perceptions and behaviors.

105. Over justification Effect: The phenomenon where providing external rewards for an activity that is already intrinsically motivating can lead to a decrease in intrinsic motivation.

106. Ego Depletion: The idea that self-control and willpower are limited resources that can be depleted with use, affecting subsequent self-control and decision-making.

107. Elaboration Likelihood Model (ELM): A model of persuasion that describes how attitudes are changed through either the central route (based on careful consideration of arguments) or the peripheral route (based on superficial cues).

108. Theory of Planned Behavior: The theory that behavior is driven by intentions, which are influenced by attitudes, subjective norms, and perceived behavioral control.

109. Impression Management: The process of actively trying to influence how others perceive us through various strategies, such as self-presentation and self-promotion.

110. Self-Serving Bias: The tendency to attribute positive outcomes to oneself and negative outcomes to external factors, protecting self-esteem.

111. Self-Handicapping: The practice of creating obstacles or excuses for oneself to protect one's self-esteem in the face of potential failure.

112. Social Comparison Theory: The theory that people evaluate their own opinions and abilities by comparing themselves to others.

113. Cognitive Dissonance: The discomfort experienced when holding conflicting cognitions or when one's behavior is inconsistent with their attitudes, leading to attitude or behavior change to reduce dissonance.

114. Mere Exposure Effect: The tendency to develop a preference for things merely because they are familiar, due to repeated exposure.

115. Commitment and Consistency: The principle that people are more likely to follow through with commitments if they have publicly committed to them, aiming to appear consistent.

116. Foot-in-the-Door Technique: A compliance tactic where a small request is made first to increase the likelihood of agreeing to a larger request later.

117. Door-in-the-Face Technique: A compliance tactic where a large request is made first, which is likely to be

refused, followed by a smaller request, which is more likely to be accepted.

118. Low-Ball Technique: A persuasion tactic where the initial offer is presented as attractive, but the terms are changed later, and the person is likely to accept the modified offer.

119. Reactance Theory: The theory that people experience psychological reactance when they perceive that their freedoms are being restricted, leading them to resist and do the opposite of what is suggested.

120. Social Proof: The principle that people are influenced by the actions and opinions of others, particularly in uncertain situations.

These principles provide a more detailed understanding of the complex interactions between individuals, groups, and their social environments.

Theories Covers Under Social Psychology

The field of social psychology is vast, and while the list of principles and laws provided covers many fundamental and influential concepts, there are still numerous other theories, phenomena, and principles that can be explored.

Here's a brief overview of some additional areas not yet covered:

1. Social Norms: Unwritten rules about how to behave in social contexts, including norms for behavior in specific situations and cultural norms.

2. Attribution Biases: Various biases related to how we attribute causes to behaviors, such as the actor-observer effect or the self-serving bias.

3. Influence of Media: The impact of media and social media on attitudes, behavior, and social perceptions.

4. Moral Psychology: How people perceive and engage with moral issues, including concepts like moral reasoning, moral emotions, and ethical decision-making.

5. Cross-Cultural Psychology: How cultural contexts influence social behavior and psychological processes, including variations in social norms, values, and practices.

6. Social Networks and Social Capital: The study of how social relationships and networks influence individual and group outcomes.

7. Identity Development: The process of developing and maintaining a sense of self and identity, including concepts like identity crises and self-concept.

8. Power and Influence: How power dynamics and influence tactics affect social interactions and group behavior.

9. Social Justice and Equity: Issues related to fairness, equality, and social justice, including the study of discrimination and efforts to promote social change.

10. Emotion and Motivation: The role of emotions and motivational factors in influencing behavior, including theories of emotion and motivation.

Each of these areas represents a rich field of study within social psychology, with numerous theories and principles specific to each domain. If you're interested in specific topics within these areas or any other aspect of social psychology, feel free to ask!

Ways To Escape From The Slavery Of Neo-Colonial Powers

Escaping the influence of neo-colonial powers involves addressing systemic issues of economic dependence, political manipulation, and cultural dominance. Here's a strategic approach to challenge and overcome neo-colonial influences:

1. Understanding Neo-Colonialism:

- Recognize the Dynamics: Neo-colonialism often involves economic exploitation, political control, and cultural dominance by powerful countries or multinational corporations.

- Identify Influences: Analyze how neo-colonial powers impact your country's economy, politics, and culture.

Look for patterns of dependency, unequal trade, and foreign interference.

2. Promote Economic Independence:

- Diversify the Economy: Encourage the development of local industries and reduce dependency on foreign aid and imports. Invest in sectors like agriculture, manufacturing, and technology.

- Support Local Businesses: Advocate for policies that support small and medium enterprises (SMEs), local entrepreneurs, and fair trade practices.

- Negotiate Fair Trade Agreements: Seek trade agreements that protect local interests and ensure fair terms with international partners.

3. Strengthen Political Sovereignty:

- Advocate for Transparent Governance: Promote accountability and transparency in government institutions to reduce corruption and foreign influence.

- Empower Local Leadership: Support leaders and policymakers who prioritize national interests and resist external pressures.

- Build Alliances: Form alliances with other countries or regions with similar interests to strengthen your collective bargaining power.

4. Foster Cultural and Social Resilience:

- Promote Local Culture and Values: Encourage the preservation and celebration of local traditions, languages, and cultural practices.

- Educate and Raise Awareness: Educate citizens about the impacts of neo-colonialism and the importance of self-determination.

- Support Media and Arts: Invest in local media and artistic expressions that reflect and promote national identity and values.

5. Enhance Education and Innovation:

- Invest in Education: Strengthen educational systems to develop local talent and reduce reliance on foreign expertise.

- Encourage Innovation: Support research and development to foster technological advancements and self-sufficiency.

6. Strengthen Civil Society:

- Empower NGOs and Community Groups: Support non-governmental organizations and grassroots movements that advocate for social justice, human rights, and national sovereignty.

- Encourage Civic Engagement: Promote active citizen participation in decision-making processes and policy discussions.

7. Address Environmental and Resource Management:

- Promote Sustainable Practices: Implement policies for sustainable management of natural resources to prevent exploitation by foreign entities.

- Negotiate Resource Rights: Ensure fair agreements for the use of natural resources and protect against environmental degradation caused by foreign interests.

8. Build International Solidarity:

- Engage in Global Networks: Participate in international organizations and networks that advocate for equity and justice in global affairs.

- Support Anti-Imperialist Movements: Align with global movements and organizations that work against neo-colonial practices and promote global justice.

9. Legal and Policy Reforms:

- Advocate for Policy Changes: Push for reforms that reduce dependency on foreign powers and promote national self-reliance.

- Enforce Legal Protections: Implement and enforce laws that protect against exploitation and ensure equitable treatment in international relations.

10. Foster Economic and Political Resilience:

- Develop Crisis Management Strategies: Prepare for economic and political challenges through strategic planning and risk management.

- Build Economic Resilience: Strengthen national infrastructure and financial systems to withstand external pressures and shocks.

Resources:

- International Development Agencies: Organizations like UNDP (United Nations Development Programme) can offer guidance on sustainable development.

- Economic and Political Think Tanks: Institutions that focus on international relations and economic policy can provide insights and strategies.

Note: Overcoming neo-colonial influences is a complex and long-term process that requires coordinated efforts at multiple levels—local, national, and international. It involves not only challenging external pressures but also building internal capacities and resilience.

Stages of Revolution and How the Iranian Revolution Can Be a Model in Pakistan?

A political revolution against both local agents and global neo-colonial powers requires a comprehensive and strategic approach across various fields. Drawing lessons from the Iranian Revolution can offer insights,

but the specifics must be tailored to each context, such as in Pakistan. Here's a detailed breakdown of steps in different fields for a political revolution:

1. Political Revolution:

Steps:

- **Build a Unified Vision:** Develop a clear and inclusive vision that addresses the needs and aspirations of diverse groups within the country.

- **Mobilize Public Support:** Engage and mobilize grassroots movements, civil society, and political activists to build a broad base of support.

- **Create Political Platforms:** Establish political parties or coalitions that represent revolutionary ideals and are committed to systemic change.

- **Push for Electoral and Institutional Reforms:** Advocate for reforms in electoral processes and political institutions to ensure fairness and transparency.

- **Combat Corruption:** Implement measures to combat corruption and enhance accountability in government and institutions.

- **Address Local and Global Influences:** Challenge the influence of local agents of neo-colonial powers by exposing their actions and promoting national sovereignty.

2. Educational Revolution:

Steps:

- **Reform Education Systems:** Overhaul education curricula to promote critical thinking, national history, and values that support self-determination and independence.

- **Promote Access and Equity:** Ensure equal access to quality education for all, with a focus on marginalized communities.

- **Foster Innovation and Research:** Support research and innovation to build local expertise and reduce dependency on foreign knowledge.

- **Encourage Civic Education:** Integrate civic education to raise awareness about rights, responsibilities, and the importance of political participation.

3. Financial and Economic Revolution:

Steps:

- **Promote Economic Independence:** Focus on developing local industries, agriculture, and technology to reduce reliance on foreign aid and imports.

- **Implement Fair Trade Practices:** Advocate for trade agreements that benefit the local economy and protect against exploitation.

- **Enhance Financial Regulation:** Strengthen financial regulations to prevent corruption and ensure equitable distribution of resources.

- **Encourage Entrepreneurship:** Support small and medium-sized enterprises (SMEs) and local entrepreneurs through funding, training, and infrastructure.

4. Civilizational and Cultural Revolution:

Steps:

- **Preserve and Promote Culture:** Protect and promote local traditions, languages, and cultural practices that reflect national identity.

- **Encourage Cultural Exchange:** Foster cultural exchange programs that highlight local achievements and contributions.

- **Challenge Cultural Dominance:** Resist the imposition of foreign cultural values and promote self-expression and local creativity.

- **Support Arts and Media:** Invest in local arts and media to amplify national narratives and counter neo-colonial cultural influences.

Lessons from the Iranian Revolution:

Key Aspects:

- Ideological Foundation: The Iranian Revolution was driven by a strong ideological foundation, emphasizing Islamic principles and anti-imperialism.

- Unified Leadership: The revolution had a unified leadership under Ayatollah Khomeini, which helped consolidate support and direct the movement.

- Popular Mobilization: Mass mobilization and grassroots activism played a crucial role in challenging the Shah's regime and foreign influence.

- Institution Building: Post-revolution, Iran focused on building institutions aligned with revolutionary ideals, though this also involved significant challenges.

Applying Lessons to Pakistan:

- Tailor the Ideology: Adapt the revolutionary ideals to reflect Pakistan’s unique cultural, historical, and religious context.

- Build Consensus: Ensure a broad-based coalition that includes diverse political, social, and economic groups to foster unity.

- Focus on Local Issues: Address local grievances and neo-colonial influences by targeting specific issues affecting Pakistan.

- **Institutional Reforms:** Post-revolution, focus on creating institutions that reflect national sovereignty and support equitable development.

Overall Approach:

1. Strategic Planning: Develop a comprehensive strategy that includes short-term and long-term goals, with a focus on immediate issues and sustainable development.

2. International Solidarity: Build alliances with other nations and movements that share similar goals of resisting neo-colonialism and promoting sovereignty.

3. Adaptive Strategies: Be prepared to adapt strategies based on evolving circumstances and responses from both local and global actors.

Note: While the Iranian Revolution offers valuable lessons, each revolution must be adapted to its unique context. In Pakistan, understanding local dynamics and addressing specific national challenges will be crucial for the success of any revolutionary movement.

Steps of Revolution in General

The steps of a revolution can vary based on the context and goals, but generally, they follow a structured process that includes preparation, mobilization, execution, and consolidation. Here's a broad outline of the steps involved in a revolution:

1. Identification and Analysis:

- Assess the Current Situation: Identify the key issues, injustices, and inefficiencies within the existing system.

- Analyze Power Dynamics: Understand the power structures, key players, and stakeholders involved.

- Define Objectives: Clearly articulate the goals and vision of the revolution, including what changes are desired.

2. Ideological Foundation:

- Develop a Core Ideology: Establish a clear ideological framework or set of principles that guide the revolution. This could be based on political, social, economic, or cultural ideals.

- Create a Vision Statement: Formulate a vision statement that outlines the desired future state and the values that will guide the revolution.

3. Building Support:

- Mobilize Public Opinion: Engage with the public to raise awareness and build support for the revolutionary cause.

- Form Alliances: Establish coalitions with like-minded individuals, groups, or organizations that share the revolutionary goals.

- **Organize Grassroots Movements:** Develop grassroots networks and local organizations to build a broad base of support.

4. Strategic Planning:

- **Develop a Strategic Plan:** Create a detailed plan outlining the methods, timelines, and resources needed to achieve the revolutionary objectives.

- **Identify Key Targets:** Determine key institutions, individuals, or systems that need to be targeted or reformed.

- **Prepare for Opposition:** Anticipate potential challenges and opposition, and develop strategies to address them.

5. Execution:

- **Initiate Actions:** Begin implementing the revolutionary plan, which may include protests, strikes, or other forms of civil disobedience.

- **Coordinate Efforts:** Ensure coordination among various groups and factions involved in the revolution to maintain unity and focus.

- **Maintain Momentum:** Keep the revolutionary movement active and visible to sustain public interest and support.

6. Consolidation of Power:

- **Establish Control:** Once the revolutionary goals are achieved, work to establish control over key institutions and systems.

- **Implement Reforms:** Begin implementing the planned changes and reforms to address the issues that led to the revolution.

- **Build New Institutions:** Develop new institutions, policies, and systems that align with the revolutionary goals and values.

7. Addressing Challenges:

- **Manage Resistance:** Handle resistance from former power structures, opposition groups, or external actors.

- **Ensure Stability:** Work to maintain political, social, and economic stability during the transition period.

- **Promote Inclusivity:** Ensure that the new systems and policies are inclusive and address the needs of all segments of society.

8. Evaluation and Adaptation:

- **Evaluate Progress:** Regularly assess the progress of the revolution and the effectiveness of the implemented changes.

- **Adapt Strategies:** Make necessary adjustments to strategies and policies based on feedback and evolving circumstances.

- Foster Long-Term Development: Focus on long-term development and sustainability to ensure that the revolution leads to lasting positive change.

Additional Considerations:

- Communication: Effective communication is crucial throughout the revolution to keep supporters informed, attract new allies, and counter misinformation.

- Legal and Ethical Dimensions: Ensure that actions taken during the revolution adhere to legal and ethical standards to maintain legitimacy and moral high ground.

- International Support: Seek international support or solidarity if relevant, but be cautious of external influences that could undermine the revolution's goals.

Note: The success of a revolution depends on a variety of factors, including the clarity of objectives, the ability to mobilize support, and the effectiveness of execution and consolidation strategies. Each revolution is unique and requires a tailored approach based on its specific context and goals.

Difference b/w Boss & a Leader

The core differences between a boss and a leader often revolve around their approach to managing people, their influence, and their impact on their team. Here's a comparative overview:

1. Approach to Management:

- Boss:

- Directive: A boss typically uses a top-down approach, giving orders and expecting them to be followed without much input from subordinates.

- Control-Oriented: Focuses on control and adherence to rules. Often relies on authority and position to enforce compliance.

- Leader:

- Inspirational: A leader uses a more collaborative approach, inspiring and motivating team members. They encourage participation and feedback.

- Empowerment-Oriented: Focuses on empowering and developing their team, fostering autonomy and creativity.

2. Interaction with Team Members:

- Boss:

- Transactional: Interactions are often task-oriented and transactional, centered around the completion of specific tasks and achieving results.

- Distance: May maintain a certain level of distance and formality in relationships with team members.

- Leader:

- Transformational: Interactions are more focused on developing relationships, understanding individual needs, and nurturing growth.

- Approachable: Typically more approachable and engaged with team members, building trust and rapport.

3. Influence and Authority:

- Boss:

- Authority-Based: Relies on their position of authority to influence others. Their power comes from their official role and title.

- Top-Down Influence: Decision-making is often centralized, and authority is exerted from the top down.

- Leader:

- Influence-Based: Uses personal influence, vision, and charisma to inspire and guide others. Their power comes from their ability to motivate and connect with people.

- Bottom-Up Influence: Encourages participation and collaboration, often making decisions in consultation with their team.

4. Vision and Goal Setting:

- Boss:

- **Short-Term Focus:** May focus more on short-term goals and immediate results, often driven by deadlines and productivity.

- **Directive Goal Setting:** Sets goals and expectations for the team to follow.

- Leader:

- **Long-Term Vision:** Emphasizes long-term vision and strategic goals, aiming to inspire and drive the team toward a larger purpose.

- **Shared Vision:** Involves the team in setting goals and aligning them with the broader vision.

5. Response to Challenges:

- Boss:

- **Reactive:** Often responds to challenges with a focus on correcting errors and enforcing compliance.

- **Blame-Oriented:** May place blame on team members for failures rather than addressing systemic issues.

- Leader:

- **Proactive:** Takes a proactive approach to challenges, seeking innovative solutions and encouraging team collaboration.

- **Supportive:** Provides support and guidance, focusing on problem-solving and learning from challenges.

6. Impact on Team Dynamics:

- Boss:

- **Compliance:** Creates an environment where compliance and obedience are prioritized. May lead to a rigid and hierarchical culture.

- **Motivation:** Motivation might be primarily driven by external rewards or fear of reprimand.

- Leader:

- **Engagement:** Fosters a culture of engagement, trust, and mutual respect. Encourages team members to contribute and feel valued.

- **Motivation:** Motivation is often driven by intrinsic factors, such as a sense of purpose and belonging.

Summary:

- Boss: Focuses on control, authority, and task management, often maintaining distance and emphasizing compliance.

- Leader: Focuses on inspiration, empowerment, and relationship-building, fostering engagement and collaboration.

While a boss may manage through authority and control, a leader drives change and growth through influence and empowerment. Both roles can be effective in different contexts, but the approach and impact of a leader often lead to more sustainable and positive team dynamics.

What Young to know about Finance & Economics?

For young individuals, acquiring financial and economic skills is crucial for managing their personal finances effectively and understanding the broader economic environment. Here are key skills in both areas:

Financial Skills:

1. Budgeting:

- **Creating a Budget:** Learn to track income and expenses, and create a budget to manage spending and savings.

- **Expense Tracking:** Use tools or apps to monitor daily expenses and compare them with budgeted amounts.

2. Saving and Investing:

- **Savings Accounts:** Understand different types of savings accounts and their benefits.

- **Investment Basics:** Learn about various investment options (stocks, bonds, mutual funds) and concepts like risk and return.

3. Debt Management:

- **Understanding Debt:** Know the difference between good debt (e.g., student loans) and bad debt (e.g., high-interest credit card debt).

- Repayment Strategies: Learn how to manage and repay debt, including strategies for paying off loans and credit cards efficiently.

4. Credit Management:

- Credit Scores: Understand how credit scores work and their impact on borrowing and interest rates.

- **Building Credit:** Learn ways to build and maintain a good credit history, including responsible use of credit cards.

5. Financial Planning:

- Goal Setting: Set short-term and long-term financial goals and create plans to achieve them.

- Emergency Funds: Understand the importance of having an emergency fund for unexpected expenses.

6. Tax Basics:

- Understanding Taxes: Learn about different types of taxes (income tax, sales tax) and how they affect your finances.

- Filing Taxes: Gain knowledge of the tax filing process, including how to prepare and file tax returns.

7. Insurance:

- **Types of Insurance:** Understand the different types of insurance (health, auto, renters, etc.) and their importance.

- **Coverage Needs:** Assess and choose appropriate insurance coverage based on personal needs.

Economic Skills:

1. Basic Economic Concepts:

- **Supply and Demand:** Understand how supply and demand affect prices and market equilibrium.

- **Economic Indicators:** Learn about key economic indicators (GDP, inflation, unemployment rates) and their significance.

2. Market Structures:

- **Types of Markets:** Familiarize yourself with different market structures (perfect competition, monopoly, oligopoly) and their characteristics.

- **Market Dynamics:** Understand how different market structures impact competition and pricing.

3. Personal Finance Economics:

- **Opportunity Cost:** Learn the concept of opportunity cost and how it influences decision-making.

- **Cost-Benefit Analysis:** Use cost-benefit analysis to evaluate the financial implications of decisions.

4. Global Economy:

- **International Trade:** Understand the basics of international trade, including trade agreements and their impact on the economy.

- **Exchange Rates:** Learn how exchange rates affect global trade and investments.

5. Economic Policies:

- **Fiscal Policy:** Understand how government spending and taxation policies impact the economy.

- **Monetary Policy:** Learn about central banking and how monetary policy influences interest rates and inflation.

6. Entrepreneurship:

- **Business Fundamentals:** Gain knowledge of business fundamentals, including starting and managing a business.

- **Innovation and Risk:** Understand the role of innovation and risk management in entrepreneurship.

7. Economic Decision-Making:

- **Resource Allocation:** Learn how resources are allocated in an economy and the factors that influence economic decisions.

- Economic Theories: Familiarize yourself with basic economic theories and models that explain economic behavior and market outcomes.

Summary:

Young individuals should focus on acquiring financial skills related to budgeting, saving, investing, debt and credit management, and financial planning, along with understanding insurance and tax basics. Additionally, they should develop economic skills including basic economic concepts, market structures, personal finance economics, global economy understanding, economic policies, entrepreneurship fundamentals, and economic decision-making. These skills will help them manage their personal finances effectively and navigate the broader economic landscape.

Break Free From Negative Thinking And Develop A Positive Mindset

By questioning every thought and making the unconscious conscious, so that you can let go of what doesn't work for you and consciously choose a better perspective to see life from.

Let's break that process down.

Thoughts come from emotions and emotions originate unconsciously from past experiences and traumatic events.

For instance, if your parents didn't give you much attention when you were a child, you developed abandonment trauma, that created a wound inside of you, which will create that same emotion whenever you face a situation where someone neglects you in any way. That emotion will turn into negative thoughts of you not being enough, and "nobody loves me" kind of rants and that will lead you to act according to that belief of unworthiness.

In the same way, any past experience that ended up with you frustrated because it didn't go as you thought or was unpleasant, will create a memory linked to a strong negative emotion that, whenever that situation or a similar one presents itself, will turn into negative thoughts too.

It's all a vicious circle that goes from actions to emotions to thoughts to actions again, that is only breakable when you become conscious of it.

The moment you understand you're not your thoughts since they originate automatically and subconsciously and you make them conscious by observing them and detaching from them, that's when you can start the process of reverting them and turning them into positive ones.

Whenever a negative thought arises, challenge it.

Ask yourself: "What belief should I be holding to feel like this and have this kind of negative thoughts?"

If you dig deeper into that, it will lead you to understand what it is that you believe to be true about yourself to feel and think like you're doing now.

Then, question that belief: "Is that belief I hold actually true?"

That's the moment when you challenge that thought that's coming from what you'll discover to be an absurd and untrue belief that's been limiting you all your life and it's not even yours.

When you become the silent witness, the observer of your thoughts, instead of identifying with them, that's when you can detach from them, let them pass like clouds, and create new beliefs that truly align with who you are instead of letting the unconscious conditioning run the show.

Self-awareness is the key to create new perspectives in your life, it is the only way you can remove what's not you and what you don't prefer.

A positive mindset is nothing but a conscious choice of seeing what happens in your life from another point of view that's more beneficial for yourself.

A traffic jam can be frustrating or a chance to relax and listen to some music; getting fired can be devastating or a possibility to find something better for you; being rejected can be shameful and embarrassing or an opportunity to work on your self-love so that you're not dependent on other people's approval…

In every single situation, you can choose to react from your unconscious traumas and fears, that always lead to negativity, or decide to respond consciously from love and self-compassion, which will always give you a positive perspective on life and will lead to growth and fulfillment.

How you see what happens changes your personal reality. It's your call.

It Is Not Better To Strive For Perfection But Do Your Best

Perfection, as an ultimate goal, is a reality. However, it is not the worldly perfection that society often promotes, driven by materialism and the desire for superficial gains. True perfection, in the Islamic sense, is a spiritual journey towards Allah (SWT) and striving to embody His attributes such as mercy, justice, and kindness.

In today's world, society often creates the illusion that you are not enough as you are, pushing you to acquire material things to enhance your worth, gain knowledge only for worldly status, and accumulate wealth to feel successful. This can lead to a never-ending cycle of dissatisfaction, as each milestone only leaves you longing for more, without bringing true contentment or fulfillment.

Islam teaches us that our purpose is to worship Allah (SWT) and seek nearness to Him through our actions and intentions. By aligning our goals with the pursuit of righteousness, we can find peace and fulfillment in this life and the next.

Instead of chasing the fleeting standards of worldly perfection, focus on what truly matters—pleasing Allah (SWT), performing good deeds, and upholding the values that Islam emphasizes. Set your intentions to do your best in everything for the sake of Allah (SWT), enjoy the process, and leave the outcomes to Him. When you live with this mindset, you will find true happiness and freedom, knowing that your efforts are seen and valued by the Creator.

Life is indeed a journey, but in Islam, it is a journey with purpose. Our actions in this world are the seeds we plant for our eternal life in the Hereafter. While we strive for excellence, our ultimate goal is not material success but spiritual elevation and closeness to Allah (SWT). Every experience, whether joyful or challenging, is an opportunity for growth and self-reflection.

So, ease the burden of societal expectations and focus instead on the expectations of your Creator. Understand that you are here to fulfill your purpose, and every small step you take in the right direction counts.

The key to a meaningful and fulfilling life is to recognize that while you are on this earth, your primary objective is to seek the pleasure of Allah (SWT). You are sufficient as you are, a creation of Allah (SWT), and your worth is defined by your faith, character, and actions.

Remember, the Universe is part of Allah's perfect plan, and everything unfolds at the right time in the right way. Trust in His wisdom, be grateful for every moment, and make the most of your time by dedicating your efforts to what truly matters—seeking His pleasure.

You are enough in the eyes of Allah (SWT), and your sincere efforts in worship and good deeds are enough. Let go of the pressure to conform to society's unrealistic standards and focus on what brings you closer to Him. Use every experience, every effort, and every moment as a means to better understand yourself and your purpose in life.

In Islam, it is not about doing things in a certain way to meet societal standards. It is about striving sincerely on your unique path towards Allah (SWT), knowing that He is always with you.

Driving Forces of Diff. Human Traits

Negative traits and virtues in human psychology can be driven by a variety of forces. These driving forces shape behaviors, attitudes, and personal development. Below is a comprehensive list of negative/positive traits and virtues, along with their respective driving forces (chief features).

Negative Traits and Their Driving Forces

1. Self-Deprecation

- Driving Force: Low Self-Worth

- Trait Expression: Putting oneself down, chronic underestimation of personal value.

2. Self-Destruction

- Driving Force: Internalized Shame or Guilt

- Trait Expression: Engaging in harmful behaviors, self-sabotage, neglecting self-care.

3. Martyrdom

- Driving Force: Desire for Validation Through Suffering

- Trait Expression: Sacrificing oneself unnecessarily, seeking recognition by enduring hardships.

4. Stubbornness

- Driving Force: Inflexibility and Resistance to Change

- Trait Expression: Refusal to adapt, rigidity in thought and behavior, clinging to old ways.

5. Greed

- Driving Force: Insatiable Desire for Possession or Power

- Trait Expression: Excessive accumulation of wealth, resources, or status.

6. Arrogance

- Driving Force: Overinflated Sense of Superiority

- Trait Expression: Dismissiveness of others, acting superior, lack of humility.

7. Impatience

- Driving Force: Urgency for Immediate Gratification

- Trait Expression: Inability to wait, frustration with delays, pushing for quick results.

8. Perfectionism

- Driving Force: Desire for Flawlessness

- Trait Expression: Unrealistically high standards, inability to accept imperfection, overworking.

9. Narcissism

- Driving Force: Excessive Self-Admiration

- Trait Expression: Lack of empathy, craving for attention, manipulating others for personal gain.

10. Jealousy

- Driving Force: Desire for Exclusivity and Ownership

- Trait Expression: Resentment of others' success or happiness, possessiveness, insecurity in relationships.

11. Envy

- Driving Force: Longing for What Others Have

- Trait Expression: Resentment of others' achievements, coveting others' possessions or status.

12. Apathy

- Driving Force: Emotional Numbness or Disinterest

- Trait Expression: Lack of motivation, indifference, disengagement from responsibilities.

13. Cynicism

- Driving Force: Deep Disbelief in the Goodness of Others

- Trait Expression: Distrust, negativity, expecting the worst in people and situations.

14. Overthinking

- Driving Force: Need for Certainty and Control Over Outcomes

- Trait Expression: Paralysis by analysis, excessive rumination, difficulty making decisions.

15. Aggressiveness

- Driving Force: Desire for Domination

- Trait Expression: Forceful control over others, confrontational behavior, lack of compromise.

16. Passivity

- Driving Force: Desire to Avoid Conflict or Responsibility

- Trait Expression: Inaction, reluctance to make decisions, going along with others' wishes.

17. Victim Mentality

- Driving Force: Avoidance of Accountability

- Trait Expression: Blaming others for personal circumstances, feeling powerless, refusal to take responsibility.

18. Control

- Driving Force: Need for Predictability and Order

- Trait Expression: Micromanagement, rigidity, overstepping others' autonomy.

19. Manipulativeness

- Driving Force: Desire to Influence Others for Personal Gain

- Trait Expression: Deception, coercion, using others to achieve personal goals.

20. Laziness

- Driving Force: Desire for Comfort and Avoidance of Effort

- Trait Expression: Procrastination, minimal effort, avoidance of responsibilities.

21. Gossiping

- Driving Force: Need for Social Influence and Attention

- Trait Expression: Spreading rumors, discussing others' private matters to gain social leverage.

22. Overindulgence

- Driving Force: Desire for Excessive Sensory Pleasure

- Trait Expression: Overeating, substance abuse, excessive consumption of luxuries.

23. Ruthlessness

- Driving Force: Unrestrained Ambition

- Trait Expression: Disregarding others' well-being for personal advancement, cutthroat behavior.

24. Vengefulness

- Driving Force: Desire for Retribution

- Trait Expression: Seeking to harm those who have wronged oneself, inability to forgive.

25. **Impulsivity**

- **Driving Force:** Desire for Immediate Action or Reward
- **Trait Expression:** Acting without considering consequences, making hasty decisions.

26. **Resentment**

- **Driving Force:** Unresolved Anger or Discontent
- **Trait Expression:** Holding onto past grievances, harboring bitterness towards others.

27. **Dishonesty**

- **Driving Force:** Desire to Deceive or Avoid Accountability
- **Trait Expression:** Lying, misleading others, withholding the truth.

28. **Intolerance**

- **Driving Force:** Rigidity in Beliefs and Opinions
- **Trait Expression:** Unwillingness to accept different views, prejudiced attitudes.

29. **Desperation**

- **Driving Force:** Extreme Need or Urgency
- **Trait Expression:** Acting out of sheer need, making irrational choices under pressure.

30. **Narrow-Mindedness**

- **Driving Force:** Limited Perspective and Prejudice
- **Trait Expression:** Lack of openness to new ideas, sticking rigidly to one's own views.

31. **Hostility**

- **Driving Force:** Aggressive Impulses or Defensiveness
- **Trait Expression:** Unfriendly behavior, antagonistic attitude, or verbal aggression.

32. **Self-Righteousness**

- **Driving Force:** Moral Superiority Complex
- **Trait Expression:** Acting as if one's beliefs and actions are flawless, judging others harshly.

33. **Neglect**

- **Driving Force:** Avoidance of Responsibility or Effort

- **Trait Expression:** Failing to take care of important duties or relationships, inattentiveness.

34. **Exploitation**

- **Driving Force:** Self-Interest and Manipulation
- **Trait Expression:** Taking advantage of others for personal gain, using others' vulnerabilities.

35. **Overconfidence**

- **Driving Force:** Inflated Self-Belief
- **Trait Expression:** Overestimating one's abilities, disregarding feedback, taking excessive risks.

36. **Paranoia**

- **Driving Force:** Deep-Seated Distrust or Anxiety
- **Trait Expression:** Constant suspicion of others' motives, feeling persecuted without justification.

37. **Inconsideration**

- **Driving Force:** Self-Centeredness
- **Trait Expression:** Ignoring the needs and feelings of others, focusing only on personal interests.

38. **Overdependence**

- **Driving Force:** Fear of Independence or Insecurity
- **Trait Expression:** Relying excessively on others for decisions, support, or validation.

39. **Impulsiveness**

- **Driving Force:** Desire for Immediate Satisfaction
- **Trait Expression:** Acting quickly without thought, making snap judgments.

40. **Skepticism**

- **Driving Force:** Doubt and Distrust
- **Trait Expression:** Questioning and doubting everything, being critical of others' intentions or information.

Positive Virtues and Their Driving Forces

1. Compassion

- Driving Force: Empathy and Connection

- Virtue Expression: Caring for others, showing kindness and understanding.

2. Perseverance

- Driving Force: Inner Strength and Determination

- Virtue Expression: Persistence despite difficulties, resilience in the face of adversity.

3. Generosity

- Driving Force: Abundance and Altruism

- Virtue Expression: Sharing resources, offering help freely, selflessness.

4. Integrity

- Driving Force: Alignment with Core Values

- Virtue Expression: Honesty, moral consistency, staying true to one's ethical principles.

5. Gratitude

- Driving Force: Appreciation and Contentment

- Virtue Expression: Thankfulness, valuing the positive aspects of life, expressing thanks to others.

6. Humility

- Driving Force: Recognition of Limitations and Balance

- Virtue Expression: Modesty, acknowledging others' worth, avoiding arrogance.

7. Creativity

- Driving Force: Self-Expression and Innovation

- Virtue Expression: Originality in thinking and problem-solving, artistic creation, innovation.

8. Forgiveness

- Driving Force: Desire for Peace and Emotional Release

- Virtue Expression: Letting go of grudges, offering second chances, moving on from past hurts.

9. Wisdom

- Driving Force: Desire for Insight and Understanding

- Virtue Expression: Making sound judgments, deep knowledge, applying experience thoughtfully.

10. Courage

- Driving Force: Desire to Overcome Challenges

- Virtue Expression: Facing adversity with bravery, taking risks, standing up for what is right.

11. Patience

- Driving Force: Calmness and Endurance

- Virtue Expression: Acceptance of delays and difficulties with grace, tolerance.

12. Self-Discipline

- Driving Force: Desire for Control and Achievement

- Virtue Expression: Regulating impulses, staying focused on goals, maintaining personal responsibility.

13. Justice

- Driving Force: Desire for Fairness and Equality

- Virtue Expression: Upholding rights, advocating for fairness, standing against injustice.

14. Hope

- Driving Force: Belief in Positive Outcomes and Possibilities

- Virtue Expression: Optimism, expecting good outcomes, maintaining faith in difficult situations.

15. Loyalty

- Driving Force: Commitment and Dedication

- Virtue Expression: Strong bonds, reliability, sticking by others through challenges.

16. Self-Respect

- Driving Force: Inner Dignity and Self-Worth

- Virtue Expression: Valuing oneself, upholding personal principles, standing up for personal rights.

17. Flexibility

- Driving Force: Adaptability and Openness

- Virtue Expression: Willingness to change, openness to new ideas and perspectives, adjusting to circumstances.

18. Detachment

- Driving Force: Desire for Inner Peace and Non-Attachment

- Virtue Expression: Letting go of emotional or material attachments, staying calm amidst chaos.

19. Faith

- Driving Force: Trust in a Higher Power or Purpose

- Virtue Expression: Spiritual devotion, belief in divine will, trusting in a greater purpose.

20. Optimism

- Driving Force: Positive Expectation and Resilience

- Virtue Expression: Maintaining positivity, expecting the best, staying hopeful even in tough times.

21. Collaboration

- Driving Force: Unity and Collective Achievement

- Virtue Expression: Working well with others, valuing teamwork, contributing to a shared goal.

22. Mindfulness

- Driving Force: Awareness and Presence

- Virtue Expression: Conscious attention to the present moment, maintaining inner balance, thoughtful reflection.

23. Tolerance

- Driving Force: Acceptance and Understanding of Diversity

- Virtue Expression: Respect for differences, embracing varied perspectives, practicing inclusivity.

24. Joy

- Driving Force: Appreciation for Life's Beauty and Experiences

- Virtue Expression: Happiness, delighting in life's moments, spreading positivity to others.

25. Responsibility

- Driving Force: Commitment and Accountability

- Virtue Expression: Owning one's actions, fulfilling obligations, being reliable.

26. Generosity

- Driving Force: Compassion and Abundance

- Virtue Expression: Giving freely of time, resources, and energy to others, selflessness.

27. Equanimity

- Driving Force: Inner Calm and Balance

- Virtue Expression: Maintaining composure and steadiness, remaining unshaken in the face of stress.

28. Authenticity

- Driving Force: True Self and Integrity

- Virtue Expression: Being genuine, transparent, and true to oneself in interactions with others.

29. Responsiveness

- Driving Force: Awareness and Attentiveness

- Virtue Expression: Reacting appropriately to situations and others' needs, being adaptable.

30. Caring

- Driving Force: Concern for Others' Well-being

- Virtue Expression: Showing kindness and support, prioritizing the needs of others.

31. Diligence

- Driving Force: Commitment to Excellence and Work Ethic

- Virtue Expression: Putting in consistent effort, being thorough and meticulous in tasks.

32. Empathy

- Driving Force: Understanding and Compassion

- Virtue Expression: Recognizing and sharing the feelings of others, providing emotional support.

33. Resourcefulness

- Driving Force: Creativity and Problem-Solving

- Virtue Expression: Finding effective solutions with limited resources, adapting to new challenges.

34. Eloquence

- Driving Force: Effective Communication

- Virtue Expression: Articulate expression, persuasive and clear communication skills.

35. Reliability

- Driving Force: Trustworthiness and Dependability

- Virtue Expression: Consistently fulfilling promises and duties, being a dependable individual.

36. Insightfulness

- Driving Force: Deep Understanding and Perception

- Virtue Expression: Ability to understand complex concepts and situations, providing valuable perspectives.

37. Discernment

- Driving Force: Keen Judgment and Awareness

- Virtue Expression: Making wise decisions, distinguishing between what is important and what is not.

38. Charity

- Driving Force: Desire to Help and Support Others

- Virtue Expression: Giving to those in need, engaging in acts of kindness and service.

39. Patriotism

- Driving Force: Love for One's Country and Culture

- Virtue Expression: Commitment to the welfare and values of one's nation, contributing positively to society.

40. Commitment

- Driving Force: Dedication and Determination

- Virtue Expression: Sticking to goals and responsibilities, maintaining focus on long-term objectives.

Key Insights:

- Positive Motivations: Traits and virtues arise from a variety of positive driving forces such as empathy, resilience, inner strength, and a desire for growth or connection.

- Negative Motivations: Negative traits, in contrast, often emerge from excessive desires or unhealthy attachments, such as an insatiable need for validation, power, or material gain.

- Beyond Fear: By examining human psychology beyond fear, we gain a deeper understanding of how various driving forces contribute to both positive and negative traits. While fear is a fundamental motivator, many other complex emotions and desires shape behavior.

- Balancing Traits and Virtues: It is essential to recognize that negative traits can be transformed into virtues through conscious effort and self-reflection. For instance, someone with a tendency toward stubbornness may develop perseverance when they learn to apply their resolve constructively.

- Self-Awareness as a Tool: The key to personal development lies in becoming aware of these driving forces, acknowledging both the positive and negative traits within ourselves, and actively working to cultivate virtues while addressing or transforming negative tendencies.

This comprehensive view of negative traits and virtues emphasizes that while individuals may exhibit negative behaviors driven by a variety of internal forces, these forces can also be channeled into developing virtues. Personal growth, therefore, is about recognizing and shifting these driving forces to foster a more balanced and virtuous life.

By understanding the underlying motivations behind our traits, we can make conscious choices to cultivate virtues like compassion, perseverance, and integrity, while mitigating the influence of negative traits like greed, arrogance, and impatience.

Driving Forces Behind Sins

The driving forces behind sins are deeply rooted in human psychology and spiritual weaknesses. These forces can manifest as internal desires, emotions, and thought patterns that lead individuals away from ethical or religious principles. Below is a list of common driving forces behind sins:

1. Desire for Immediate Gratification:

- Sins: Lust, gluttony, overindulgence, theft.

- Driving Force: A strong desire to satisfy physical or emotional cravings instantly, disregarding long-term consequences or moral boundaries.

2. Greed and Materialism:

- Sins: Theft, corruption, hoarding wealth, dishonesty.

- Driving Force: An insatiable desire for material possessions, power, or wealth, often leading to unethical behavior to acquire more.

3. Pride and Arrogance:

- Sins: Hubris, vanity, looking down on others, rejecting guidance.

- Driving Force: An overinflated sense of self-worth or superiority, often leading to a refusal to admit mistakes or accept the advice of others.

4. Envy and Jealousy:

- Sins: Covetousness, resentment, plotting harm against others.

- Driving Force: A desire for what others have, leading to feelings of bitterness, malice, or harmful actions to diminish the success or happiness of others.

5. Anger and Hatred:

- Sins: Violence, revenge, murder, abuse.

- Driving Force: Intense emotional reactions to perceived injustices, leading to destructive or harmful behaviors towards others.

6. Laziness and Apathy:

- Sins: Neglecting duties, failing to help others, wasting time or talents.

- Driving Force: A desire to avoid effort, responsibility, or discomfort, leading to procrastination and inaction in areas of moral or spiritual obligation.

7. Lust and Impulsiveness:

- Sins: Adultery, fornication, pornography, immoral relationships.

- Driving Force: The overpowering drive for physical pleasure, often leading to impulsive actions that disregard moral and spiritual laws.

8. Fear and Cowardice:

- Sins: Lying, betrayal, failing to stand up for truth, avoiding responsibilities.

- Driving Force: Fear of loss, rejection, or harm, leading to deceitful or cowardly actions to protect oneself at the expense of moral integrity.

9. Insecurity and Low Self-Worth:

- Sins: Seeking validation through unethical means, excessive conformity, manipulation.

- Driving Force: A lack of self-confidence or self-worth, leading to actions that compromise personal values to gain approval or avoid rejection.

10. Ego and Self-Centeredness:

- Sins: Manipulation, disregard for others, selfishness.

- Driving Force: An intense focus on oneself and one's desires, often leading to behavior that disregards the needs or well-being of others.

11. Ignorance and Lack of Awareness:

- Sins: Prejudice, bigotry, cruelty, negligence.

- Driving Force: A lack of understanding, awareness, or education about moral and ethical principles, leading to harmful behavior due to ignorance.

12. Despair and Hopelessness:

- Sins: Self-harm, suicide, giving up on spiritual practices, substance abuse.

- Driving Force: A deep sense of hopelessness or despair that leads individuals to abandon their moral or spiritual obligations, often turning to destructive behaviors as a way of coping.

13. Desire for Control and Power:

- Sins: Oppression, abuse of power, manipulation, tyranny.

- Driving Force: A desire to dominate or control others, often leading to unethical use of authority or power for personal gain.

14. Overindulgence and Excess:

- Sins: Gluttony, addiction, recklessness.

- Driving Force: A lack of moderation, leading to excessive consumption or behavior that violates moral boundaries.

15. Vengeance and Retribution:

- Sins: Revenge, harboring grudges, unjust punishment.

- Driving Force: A desire to get even or make others suffer for perceived wrongs, leading to harmful and vengeful actions.

Here are additional driving forces behind sins, offering a deeper look into the complexities of human behavior:

16. Addiction to Novelty and Excitement:

- Sins: Recklessness, gambling, thrill-seeking without regard for consequences.

- Driving Force: A craving for constant stimulation and excitement, leading to risky or immoral behavior to escape boredom or routine.

17. Conformity and Peer Pressure:

- Sins: Complicity in wrongdoing, compromising values, engaging in immoral group behavior.

- Driving Force: A desire to fit in or gain acceptance, leading to actions that violate personal ethics in order to align with group norms or expectations.

18. Escapism and Avoidance:

- Sins: Substance abuse, addiction, neglect of duties, irresponsible behavior.

- Driving Force: A desire to avoid facing reality, responsibilities, or emotional pain, leading to the pursuit of temporary relief through destructive habits.

19. Revenge and Resentment:

- Sins: Harboring grudges, seeking retaliation, unjustly punishing others.

- Driving Force: A desire for retribution or to make others suffer for perceived wrongs, often escalating conflict and perpetuating harm.

20. Excessive Ambition:

- Sins: Ruthlessness, betrayal, unethical competition, exploitation of others.

- Driving Force: An overwhelming drive to achieve success, power, or status at any cost, leading to the disregard of moral principles and the exploitation of others.

21. Mistrust and Paranoia:

- Sins: Slander, defamation, betrayal of trust, unjust accusations.

- Driving Force: Deep-seated mistrust of others, leading to suspicion, harmful gossip, and the undermining of relationships through betrayal or false accusations.

22. Desire for Social Status and Recognition:

- Sins: Vanity, boasting, showing off, deceit to enhance reputation.

- Driving Force: An excessive need for validation, approval, or admiration from others, leading to actions that prioritize appearance over integrity.

23. Spiritual Arrogance:

- Sins: Self-righteousness, judging others harshly, religious hypocrisy.

- Driving Force: A sense of moral or spiritual superiority, leading to the harsh judgment of others while overlooking one's own flaws or shortcomings.

24. Complacency and Moral Apathy:

- Sins: Neglecting spiritual duties, failing to speak out against injustice, allowing evil to persist.

- Driving Force: A sense of indifference or lack of concern for moral or spiritual obligations, leading to negligence in fulfilling duties and allowing wrongs to go unchallenged.

25. False Sense of Security and Entitlement:

- Sins: Abuse of privileges, taking others for granted, neglecting gratitude.

- Driving Force: A belief that one is owed certain privileges or is immune from consequences, leading to behavior that exploits others or neglects personal responsibilities.

26. Detachment from Empathy:

- Sins: Cruelty, indifference to suffering, exploitation of vulnerable individuals.

- Driving Force: A lack of emotional connection or understanding of others' pain, leading to callous or inhumane behavior that disregards the well-being of others.

27. Exploitation of Vulnerability:

- Sins: Taking advantage of others, coercion, manipulation.

- Driving Force: A desire to capitalize on others' weaknesses or vulnerable situations for personal gain, often resulting in unethical manipulation or exploitation.

28. Injustice and Abuse of Authority:

- Sins: Tyranny, oppression, discrimination, unjust leadership.

- Driving Force: A desire to control or dominate others through misuse of power or authority, leading to actions that oppress or unfairly disadvantage others.

29. Excessive Attachment to Worldly Pleasures:

- Sins: Neglect of spiritual duties, prioritizing material gains over faith.

- Driving Force: An overattachment to the pleasures of this world, leading to the neglect of spiritual responsibilities and a focus on material success at the expense of ethical living.

30. Compulsion to Control Others:

- Sins: Manipulation, coercion, invasion of personal autonomy.

- Driving Force: A desire to dominate or control the lives of others, leading to actions that infringe on others' freedom and dignity.

31. Lack of Trust in Divine Decree:

- Sins: Anxiety, excessive worry, desperation leading to unethical decisions.

- Driving Force: A failure to trust in divine providence and the unfolding of events, leading to anxiety-driven actions that disregard spiritual teachings and moral guidelines.

32. Desensitization to Sin:

- Sins: Repeated engagement in sinful acts, justifying immoral behavior, lack of remorse.

- Driving Force: A gradual numbness to the consequences of sin, leading to habitual wrongdoing without a sense of guilt or responsibility.

33. Egotism and Self-Centeredness:

- Sins: Narcissism, exploiting others for personal gain, refusal to compromise.

- Driving Force: A belief that one's own needs and desires outweigh those of others, leading to selfish behavior and the exploitation of relationships for personal benefit.

34. Rebellion Against Authority:

- Sins: Defiance of lawful authority, breaking societal rules, engaging in unlawful activities.

- Driving Force: A desire to challenge or undermine authority figures or institutions, often leading to rebellious acts that violate ethical or legal boundaries.

35. Overconfidence and Complacency:

- Sins: Neglecting self-improvement, underestimating the consequences of actions, taking risks without considering the moral implications.

- Driving Force: An inflated sense of one’s abilities or moral standing, leading to the neglect of caution, humility, and continuous moral reflection.

Spiritual Reflections:

In Islamic tradition, many of these driving forces are seen as manifestations of the lower Nafs or whispers of Shaytan. The Qur'an and Hadith encourage believers to engage in Tazkiyah (self-purification) to cleanse the heart and soul from these harmful tendencies, striving to align actions with divine guidance.

The struggle against these sinful forces is part of the greater Jihad al-Nafs (struggle against the self), where the believer seeks to overcome base desires and replace them with virtues such as patience, humility, gratitude, and submission to Allah's will.

Seeds of Today's Global Chaos and its Solution

The seeds of today's chaos in various domains—epistemological, political, cultural, economic, financial, ethical, and social—can often be traced back through history. These issues are complex and multifaceted, influenced by a range of historical, cultural, and systemic factors. Here's a look at the historical roots and driving forces behind contemporary challenges in these areas:

1. Epistemological Chaos:

- Historical Roots:

- Relativism and Postmodernism: The rise of relativism and postmodernism challenged objective truths and led to skepticism about universally accepted knowledge.

- Scientific Revolution: The shift from religious to empirical and scientific methods of understanding the world contributed to epistemological shifts.

- Driving Forces:

- Information Overload: The internet and social media have led to an explosion of information, making it difficult to discern credible sources.

- Erosion of Trust: Distrust in traditional institutions (like media and academia) has led to the proliferation of misinformation and fragmented knowledge.

2. Political Chaos:

- Historical Roots:

- Colonialism and Imperialism: Historical injustices and power imbalances created enduring political instability and conflict.

- Cold War and Ideological Conflicts: The ideological battles of the 20th century left a legacy of divided nations and regions.

- Driving Forces:

- Polarization: Increasing political polarization and tribalism undermine democratic processes and exacerbate conflicts.

- Corruption and Power Struggles: Persistent corruption and power struggles within and between nations contribute to political instability.

3. Cultural Chaos:

- Historical Roots:

- Colonial Impositions: Colonial powers imposed cultural values that disrupted indigenous cultures and led to cultural clashes.

- Globalization: The spread of global culture has led to both cultural homogenization and resistance from local traditions.

- Driving Forces:

- Cultural Identity Conflicts: Tensions between global and local cultural identities create friction and fragmentation.

- Media Influence: The pervasive influence of media and entertainment shapes cultural norms and values, often leading to cultural homogenization or conflict.

4. Economic and Financial Chaos:

- Historical Roots:

- Industrial Revolution: Rapid industrialization led to significant economic changes and disparities.

- Financial Crises: Historical financial crises (e.g., the Great Depression, 2008 financial crisis) exposed systemic weaknesses and led to economic instability.

- Driving Forces:

- Inequality: Growing economic inequality and the concentration of wealth contribute to social and financial instability.

- Market Volatility: Speculative financial practices and market volatility create economic uncertainty and crisis.

5. Ethical Chaos:

- Historical Roots:

- Moral Philosophy Shifts: Changes in moral philosophy over time have led to evolving ethical standards and debates.

- Historical Atrocities: Past atrocities and injustices have shaped contemporary ethical concerns and debates.

- Driving Forces:

- Moral Relativism: The decline of universal moral standards in favor of relativism can lead to ethical ambiguity and conflict.

- Technological Advances: Ethical dilemmas arising from technological advancements (e.g., artificial intelligence, genetic modification) challenge existing moral frameworks.

6. Social Chaos:

- Historical Roots:

- Social Movements: Historical social movements (e.g., civil rights, feminist movements) have reshaped social structures and norms.

- Urbanization and Industrialization: These changes altered social dynamics, leading to both progress and challenges.

- Driving Forces:

- Social Fragmentation: Increasing social fragmentation and the breakdown of community structures contribute to social instability.

- Inequality and Injustice: Persistent social inequalities and injustices fuel discontent and social unrest.

Convergence of Driving Forces:

The interplay between these driving forces often exacerbates contemporary chaos. For instance, economic inequality can lead to social unrest, which in turn affects political stability. Cultural and epistemological shifts influence ethical and social norms, creating a complex web of interrelated issues.

Addressing the Challenges:

Understanding the historical roots and driving forces of contemporary chaos is crucial for addressing these challenges. Efforts to mitigate chaos include:

- **Promoting Critical Thinking:** To address epistemological confusion and misinformation.

- Fostering Political Dialogue: To bridge divides and reduce polarization.

- Cultural Sensitivity: To balance global influences with local traditions and values.

- Economic Reform: To address inequality and ensure financial stability.

- Ethical Reflection: To navigate emerging ethical dilemmas and uphold universal moral principles.

- Social Cohesion: To rebuild community structures and address social inequalities.

By addressing these historical and systemic factors, it is possible to work towards a more stable, equitable, and harmonious global society.

How Islam could help to overcome on this chaos?

Islam offers a rich framework of ethical, spiritual, and social teachings that can address various forms of chaos in contemporary society. Here's how Islam could contribute to overcoming chaos in different areas:

1. Epistemological Chaos

- Promoting Critical Inquiry: Islam emphasizes the pursuit of knowledge and understanding. The teachings of the Imams (a.s), especially in the context of the Quran

and Hadith, encourage critical thinking and seeking knowledge from reliable sources.

- Encouraging Intellectual Humility: The Islamic tradition values humility in the pursuit of knowledge, recognizing the limits of human understanding and the importance of ongoing learning and reflection.

2. Political Chaos

- Advocating Justice and Equity: Islam places a strong emphasis on justice and the welfare of the community. The principles of justice (Adalah) and the teachings of Imam Ali (a.s) on fair governance can guide political reforms and promote ethical leadership.

- Encouraging Ethical Governance: The Islamic tradition advocates for leaders to be accountable and transparent, providing a model for ethical governance and reducing corruption.

3. Cultural Chaos

- Promoting Interfaith and Cross-Cultural Dialogue: Islam supports respectful engagement with other cultures and religions. The teachings of the Imams (a.s) on tolerance and understanding can foster cultural harmony and mutual respect.

- Preserving Cultural Heritage: Islam emphasizes the importance of preserving and valuing cultural and religious heritage, helping to maintain cultural identity amidst globalization.

4. Economic and Financial Chaos

- Advocating Economic Justice: Islam emphasizes the importance of economic justice and the equitable distribution of wealth. The concept of Khums (a form of almsgiving) and support for the underprivileged can address economic inequalities.

- Encouraging Ethical Business Practices: Islamic teachings advocate for honesty, fairness, and transparency in business dealings, which can contribute to more ethical and stable financial practices.

5. Ethical Chaos

- Promoting Moral Values: Islam provides a robust ethical framework based on the teachings of the Quran and the Imams (a.s). This includes principles of honesty, compassion, and integrity that can guide personal and social behavior.

- Encouraging Self-Improvement: The emphasis on self-purification (Tazkiyah) and personal development helps individuals and communities align their actions with ethical and moral values.

6. Social Chaos

- Fostering Community Solidarity: Islam emphasizes the importance of community and mutual support. The concept of Ummah (community) and practices like communal prayers and charity foster social cohesion and collective responsibility.

- Addressing Social Inequality: Islamic teachings advocate for the protection of the vulnerable and marginalized. Initiatives such as social justice programs and support for the poor align with the principles of justice and equity in Islam.

General Strategies for Overcoming Chaos

1. Educational Initiatives: Establishing educational programs that integrate Islamic teachings with contemporary issues can help promote understanding and address epistemological and social chaos.

2. Community Engagement: Encouraging community involvement and service based on Islamic principles can address social and economic challenges and promote unity and mutual support.

3. Advocacy and Reform: Engaging in advocacy for social and political reforms based on Islamic values of justice and equity can contribute to addressing political and ethical chaos.

4. Spiritual and Moral Guidance: Providing spiritual and moral guidance through religious practices and teachings can help individuals navigate personal and societal challenges with integrity and resilience.

5. Interfaith and Cross-Cultural Dialogues: Promoting dialogue and cooperation with other faiths and cultures

can help address cultural and epistemological chaos, fostering mutual understanding and respect.

Conclusion

Islam, with its emphasis on justice, knowledge, ethical conduct, and community solidarity, offers valuable insights and practices to address various forms of chaos in contemporary society. By applying these principles, Muslims and their allies can work towards a more equitable, just, and harmonious world.

Steps to Overcome on Childhood Traumas

To understand how childhood traumas can be overcome from the perspective of Pavlov's theory, it is essential to explore Pavlovian conditioning (classical conditioning) and its applications in psychological therapy.

Understanding Pavlov's Theory

Pavlov's classical conditioning theory explains how a neutral stimulus, when paired with an unconditioned stimulus, can become conditioned to elicit a specific response. This theory is foundational to understanding how certain stimuli can trigger emotional or physiological responses due to past experiences.

Applying Pavlov's Theory to Childhood Trauma

Childhood trauma can create conditioned responses where neutral stimuli (e.g., certain sounds, places, or

situations) become associated with the traumatic event. These conditioned responses might manifest as anxiety, fear, or other emotional disturbances when exposed to similar stimuli later in life.

Steps to Overcome Childhood Trauma Using Pavlovian Conditioning:

1. Identify the Conditioned Stimulus (CS):

- Example: A child who experienced trauma in a certain location may later develop anxiety whenever they encounter that place (the conditioned stimulus).

- Goal: The first step is identifying what specific stimuli trigger the trauma-related response. This could be places, sounds, smells, or even specific people.

2. Desensitization through Gradual Exposure (Extinction):

- Method: In classical conditioning, extinction occurs when the conditioned stimulus is repeatedly presented without the unconditioned stimulus (i.e., without the traumatic experience). Over time, the conditioned response (fear, anxiety, etc.) diminishes.

- Application: Gradual exposure therapy, where the individual is slowly and safely exposed to the conditioned stimulus in a controlled environment, can help them become desensitized to the trigger. This method reduces the trauma-related response over time.

- Example: If the conditioned stimulus is a specific sound that triggers anxiety, exposure to that sound in a safe and supportive environment, while preventing the fear response, can help reduce the anxiety associated with that sound.

3. Counter-Conditioning:

- Method: Counter-conditioning involves pairing the conditioned stimulus (CS) that triggers anxiety or fear with a new unconditioned stimulus (US) that elicits a positive or neutral response. Over time, the negative response can be replaced with a positive or neutral response.

- Application: In therapy, this can involve associating the trauma-related trigger with calming techniques, positive experiences, or relaxation exercises to change the emotional response.

- Example: If a certain place triggers traumatic memories, combining exposure to that place with calming activities (like deep breathing or mindfulness) can help create a new, more positive association with that place.

4. Systematic Desensitization:

- Method: This is a step-by-step process where individuals are gradually exposed to their trauma triggers in a hierarchy of fear, starting with less distressing stimuli and gradually moving to more distressing ones.

- Application: By combining relaxation techniques with gradual exposure, the individual learns to cope with the trauma triggers at different levels of intensity.

- Example: A person might start by visualizing the trauma-related situation in a safe setting, then gradually progress to facing real-life exposure to the situation.

5. Positive Reinforcement:

- Method: Positive reinforcement can be used to reward desirable behavior when the individual responds calmly or with less anxiety to the conditioned stimulus.

- Application: Therapists can use praise, rewards, or encouragement when individuals successfully manage their trauma-related triggers, reinforcing their ability to cope.

- Example: After successfully confronting a trauma-related trigger without severe anxiety, the individual might reward themselves with a pleasurable activity, reinforcing their progress.

6. Cognitive-Behavioral Therapy (CBT) Integration:

- Method: Although not strictly Pavlovian, integrating Cognitive Behavioral Therapy (CBT) with classical conditioning principles can help change the conditioned thoughts and behaviors associated with trauma.

- Application: CBT can help individuals challenge and reframe negative thoughts associated with their trauma triggers, further reducing the conditioned response.

- Example: If a child associates a particular situation with helplessness, CBT can help them develop a new, empowered narrative that reduces the power of the trigger.

Challenges and Considerations:

- Intensity of Trauma: More severe traumas may require a longer process of desensitization or more intensive counter-conditioning techniques.

- Therapeutic Support: Professional guidance from therapists trained in trauma-informed care and classical conditioning techniques is crucial to ensure the individual's safety and well-being during the process.

- Individual Differences: Each person responds differently to conditioning techniques, so interventions must be personalized.

Conclusion:

Pavlov's classical conditioning theory offers valuable insights into overcoming childhood traumas by reconditioning the responses to trauma-related triggers. Techniques like gradual exposure, counter-conditioning, systematic desensitization, and positive reinforcement can help individuals diminish the impact of their trauma. Integrating these methods with other therapeutic

approaches, such as CBT, can enhance the healing process.

This structured, gradual approach can help individuals reshape their responses, leading to healthier emotional and psychological outcomes.

Do You Ever Avoid Working?

Have you ever noticed what happens when you avoid doing your work?

"The person who studiously avoids work usually works far longer and far harder than the man who pleasantly confronts it and does it." -- L. Ron Hubbard from *The Problems of Work*

That's right. If you simply confront, or face and deal with your work, it's actually easier for you to do, and you save time!

Let's say you have a stack of paperwork to do. Instead of simply taking a few hours and doing the work, you avoid it for a few weeks. The stack gets higher and now includes requests from people who are wondering about the delayed paperwork. A two-hour project becomes a ten-hour problem.

Students, who avoid their studies have to stay up all night before tests or they get bad grades. Home owners, who avoid their house maintenance chores, have to pay

for expensive repairs. Business owners, who avoid training their employees, have to constantly step in and do their employees' jobs for them.

Avoiding any task makes it more difficult, more expensive or more time-consuming than just confronting and doing the work in the first place.

Recommendations

If you want to feel powerful and in control, list out what you should be doing. Write down all your jobs you must do.

Next, decide which item is the hardest, the most difficult to do. Which job do you hate the most?

Now, go confront it and do it as soon as possible! Better yet, PLEASANTLY confront it and do it.

Make this task your highest priority. Ignore those excuses. Dive in and do not stop until the job is done.

As a result, you will discover two facts: The project itself is not that hard to do and, because you got the most difficult action out of the way, everything else on your list will be easier.

This may seem like a brutal way to create improvement, but it is fast and guaranteed to work.

To create a successful tomorrow for yourself, pleasantly blast through your most difficult, most challenging problems today!

Being Too Serious Blocks Your Success

Are you having fun? Do you get a thrill from your work? Do you enjoy waking up each morning?

Myths about work can hurt your progress. "Work is not supposed to be fun." "You must buckle down and get serious."

Perhaps the biggest myth of all: "People will think I'm important if I act seriously." Yet getting serious creates problems: stress, worry, anxiety, emotional pain, drudgery and failure.

Resolving problems by getting more serious is like fixing a computer with a hammer. The harder you try, the worse the problem becomes.

"When life becomes serious, a man becomes less cause and greater effect. If life gets really serious, his value drops to practically zero. Driving a car can become such serious business that one can wreck the car. Running a business can become so serious as to make it fail. There is a direct connection between insanity and seriousness." "It is only when an individual progresses in life to a point where much

seriousness is attached to things that he begins to have a hard time. The ancient Italian really knew what he was about when he considered that the only psychotherapy was laughter." -- L. Ron Hubbard

"افراط و تفریط ہلاک کردینے والی ہیں" امام علی علیہ الصلواتہ والسلام

"زیادہ روی کرنے والا ہلاک ہو جاتا ہے" امام صادق علیہ السلام

12 Ways to Lighten Up!

Approaching your life with a non-serious attitude gives you a clearheaded view of difficulties and the energy to deal with them. Problems are easier to solve, people are more cooperative and you feel more relaxed. You probably live longer, as well.

Try these ideas until you find one that lightens you up.

1. Deliberately turn a molehill into a mountain. Make a big deal out of a little problem. "I would feel much better if these papers were stacked exactly like this! Not like that! Like this! Not this! This!"

2. Ask yourself, "Is getting serious about this situation really going to improve it?"

3. Focusing on the positives. "What is right about this situation?" "What else is right?" "What else?"

4. Consider a complete, major change. For example, go back to school, move to the ocean, start a new career.
5. Ask yourself, "When I'm on my deathbed, will I be glad I was so serious about _____?"

6. A challenging game is much better than no game at all. So consider losing all aspects of the problem. Examples: You feel serious about family problems. You ask yourself, "Well, what if I had no family at all?" You feel serious about your investments. You ask yourself, "What if I had no money to invest?"

7. The size of your problem may match the size of your game. So get a bigger game. For example, if you get uptight about paper clips being in the wrong drawer, your game size is tiny. Double your amount of responsibility. Set some huge goals. Succeed by thinking much, much bigger.

8. Stop trying to solve the problem that is making you so serious. Certain types of problems solve themselves if you leave them alone. Your problem may be one of those.
9. Compare what you are doing to other careers. Imagine being a septic tank drainer or a tax collector.

10. Make everyone around you lighten up. Share a funny story that makes fun of you. Tell some clean jokes.
11. Look at bizarre solutions. What is the craziest way you

could solve your problem? What solution, if it worked, would make you laugh out loud?

12. Act stupid for a minute. Let down your hair. Stop being so darn important for a while. Be a goof!

Complicated Problems

"THE DEGREE OF COMPLEXITY IS PROPORTIONAL TO THE DEGREE OF NONCONFRONT." -- L. Ron Hubbard

If you can't face something, it gets complicated. It scares you, confuses you, upsets you. Your inability to confront the problem makes it complex.

For example, Pete wants a wife, but every time he talks to a woman, he looks at his feet, sweats and stammers. He is terrified of women. His non-confront is a big problem. Simply chatting with a female seems very confusing to Pete.

So he decides to face his fear of talking to women. He starts talking to any female he can. He talks to his sister, an older woman in a store, the librarian, a few of his female coworkers and his friend's wife.

Sooner or later Pete realizes women are just people and not out to hurt him. He enjoys chatting and laughing with them. Finding a wife seems much easier to Pete.

"THE DEGREE OF SIMPLICITY IS PROPORTIONAL TO THE DEGREE OF CONFRONT." -- L. Ron Hubbard

People who can take on complicated subjects are not afraid of them. For example, your roof leaks. To you, it's complicated: Which shingle should I remove? How do you remove shingles? Where do you buy new shingles?

But to a professional roofer, the problem is simple. You watch him fix the roof. He pulls a few nails, digs out the bad shingles and installs the new ones. You confronted the process and it now looks simple.

How to Take Apart Problems

"To take apart a problem requires only to establish what one could not or would not confront." -- L. Ron Hubbard

All you need to do is figure out exactly what you cannot confront and you slice apart the problem.

For example, you want to start a t-shirt business. But instead of swimming in the confusion, or hiring someone to confront it for you, you ask yourself this question:

"What about this problem is difficult for me to face? What can't I confront about it?" You write down five things you can't confront.

1. Signing a long-term store space lease is scary.

2. T-shirt manufacturers seem like mean people.

3. What if the banker laughs at my loan application?

4. I'm afraid I'll hire bad employees.

5. My advertising ideas might make me look stupid.

Just making the list makes you feel better. Starting a business appears less chaotic. Then, you confront each individual item on your list.

You ask dozens of questions about leasing store space. You use a dictionary to figure out every paragraph of the lease. You understand the lease and happily sign it.

Next, you meet with a few t-shirt manufacturers. You discover they are very nice people.

You meet with a banker. You interview a few potential employees. You find out the kind of advertising you need to attract customers.

After facing all five items on your list, you realize it's not hard to make a t-shirt business succeed!

Recommendations

What are the problems you face on your road to success? What seems too complicated?

Take each problem apart by establishing what you can't confront. Write down everything that makes you afraid, anxious or angry. Everything about the problem that is difficult for you to face.

Then confront each piece. Get in there and deal with it. Persist until you can comfortably face each part of the confusion.

If a piece of the puzzle seems too big or complex, break it down as well.

Eventually, through courage, you solve the complexity.

Success, and life itself, becomes simple!

Do You Have Enough Talent to Succeed?

To explain their failures, you might hear people say,

"I don't have a head for business which is why my scrapbook store went bankrupt."

"Leaders are born to lead. I was born to follow. I'll just be a good soldier."

"She inherited her musical skill from her father, but my dad is a truck driver which is why I can't play the piano."

If you believe you need to inherit a skill or talent to be successful, you are one step closer to failure. Yet if you realize you can get the talent to succeed at anything you wish, you are one step closer to success. So if talent is not something you are born with, where do you get it?

How did Michael Jordan become the greatest basketball player of all time? What made Luciano Pavarotti into a great opera singer? Why was Warren Buffet such a brilliant investor?

Are these professionals born with their skills?

Actually, the most successful athletes, musicians, investors, actors, managers and doctors do not get their skills at birth. They achieve their greatness through hard, intense practice.

"In any activity, quite a bit of what passes for 'talent' is really just practice."

"One can train one's body, one's eyes, one's hands and feet until, with practice, they sort of 'get to know.' One no longer has to 'think' to set up the stove or park the car: one just DOES it."

"The same principle applies to crafts and professions which mainly use the mind. The lawyer who has not drilled, drilled, drilled on courtroom procedure may not have learned to shift his mental gears fast enough to counter new turns of a case and loses it. An undrilled new stockbroker could lose a fortune in minutes. A green salesman who has not rehearsed selling can starve for lack of sales.

"The right answer is to practice, practice and practice!" -- L. Ron Hubbard from *The Way to Happiness*

Examples:

Warren Buffett spent hours, every day for many years, studying financial statements of potential investments.

Winston Churchill, one of the world's greatest speakers, practiced his speeches compulsively.

Michael Jordan was cut from his high school team which proves his talent was not natural. Instead, he practiced his famous basketball moves for more hours every day than anyone else in the game.

The best musicians, writers, actors, surgeons, managers, computer programmers, artists, politicians, dentists, chefs, pilots and electricians all become the best through hours and hours and hours of practice. And their practice is intense.

For example, hitting a bucket of golf balls for fun is not practice, which is why most golfers don't improve. Practice means you hit 300 balls, with the same club, with the goal of leaving the ball within 20 feet of the same spot. And you do this every day.

For a musician, practice means you play the same piece of music 1000 times, each time better than the last, until you can make people cry during a performance.

For an artist, practice means you paint the same flower 300 times until people gasp when they look at it.

For a writer, practice means you re-write the same story 100 times until your readers can't put it down.

Role-playing or drilling is how you practice to become a great lawyer, a great doctor or a great speaker. Much of this practice can be done with a coach, as well as on the job.

To succeed as a manager, you need to spend many hours bringing out the best performance possible from each of your employees. For example, sales managers should practice with their sales people. "I'll pretend I'm afraid to buy a new car and you sell it to me anyway. Here we go. 'Oh, I'm just too nervous to buy this car . . . .'" The more practicing the sales managers conduct, the more cars they sell.

Every skill can be practiced and improved: negotiating business deals, explaining financial statements, giving speeches, driving race cars, using computers, writing reports, teaching students, managing money, fixing engines, building houses, everything.

No one is born with talent. Yet with practice, everyone, including you, can become talented at anything!

Recommendations

1. Write down a talent you wish to gain.

2. Break down the talent into all of its skills. Make a thorough list.

For example, to be a great soccer player, you need to master 50 different types of kicks. To be a great accountant, you need to master math, financial laws and

accounting software as well as many people skills. You might have a list of 100 individual skills.

3. Work out how to practice each individual skill. Some skills you can practice on your own while others require study or research or a coach to help you master the skill.

4. Practice for as many hours as you can stand, each day, until each skill is perfect and you gain the talent you desire. If you get work done while you practice a skill, even better!

5. Every time you fail at something, look at it as mere practice. Turn the loss into an opportunity. Which of your skills need more work?

6. Constantly improve your skills. Everyone has room for improvement.

As a result of your constant improvement, you will gain all the skills and talent you need to succeed.

Eight Tips for Success

As you know, the TipsForSuccess articles are based on quotes by L. Ron Hubbard. The following ten quotes from L. Ron Hubbard can be used in many ways to help you increase your income, reduce your stress and make progress toward your goals.

After you read each quote, ask yourself, "How can I use this idea to be more successful?

1. **"A man* is as dead as he can't communicate. He is as alive as he can communicate."** (*man: a member of mankind; men, women and children)

2. **"Man's greatest weapon is his reason*."** (*reason: logical, rational thought; intelligence)

3. **"A sane man has difficulty in insane surroundings."**

4. **"The surest way to get nowhere in life is to be serious about it!"**

5. **"The goal is to win. When one has lost too much and too many times, the possibility of winning seems too remote to try."**

6. **"Successes are little bits of living. Failures are little bits of death."**

7. **"Be your own advisor, keep your own counsel and select your own decisions."**

8. **"There is no person alive who cannot make a new beginning."**

Fear of Consequences

Right now, you can make a decision that will make you more successful. Right now, you can take a step that will move you closer to your goals. Right now, you can change something about your life that will make you healthier and happier.

However, if you find it hard to make decisions or take action, you miss these opportunities.

Indecision costs companies millions when they fail to decide or fail to act. An opportunity comes and goes while management sits on its hands. For example, IBM could have controlled the personal computer market if it had acted on Bill Gates' offer to handle their software for them. Barnes and Noble was the world's biggest bookseller until Amazon.com took over. By the time Barnes and Noble started selling books on the Internet, Amazon.com had taken the number one spot.

When you as an individual fail to make a decision or fail to act, you can also ruin your success or happiness. For example, you could have started a business when you were in your twenties. You could have formed a partnership with a very successful person. You could have made better decisions regarding your ex-spouse.

You have probably seen big opportunities, knew they were big opportunities, and failed to act on them.

In fact, you probably have one or more opportunities in front of you now. So what makes you hesitate?

The Answer Is Simple

"Inaction and indecision in the present is because of fear of consequences of the future." -- L. Ron Hubbard

Because you are afraid of certain consequences, you do not act or do not decide. You are afraid of what might happen. You can see this principle at work with the following exercise.

Five Tips for Conquering Your Fear of Consequences

1. Write down an opportunity that is available to you right now.

2. Write down the decision that is difficult to make or the action that is difficult to take.

3. Write down the consequences you might be afraid of.

4. Of these consequences, identify your biggest fear or fears.

5. Take action to resolve this fear or fears.

You can then make the correct decision or take the actions necessary for your success.

Example

Richard has always wanted to be a business owner. His brother Alan calls one day and says, "How would you like to be partners with me on a Crazy Chicken franchise? It's the best fast-food chicken in the world! It'll be worth millions some day. Just give me that $20,000 you have in savings, quit your job and we'll start!"

Richard likes the idea, but feels frozen. "I'll think about it." He then spends 80 stressful hours during the next two weeks trying to decide.

Everyone has an opinion for him and he listens to them all. His wife says, "Do what you think is right." His mother says, "Don't be stupid." His father says, "Go for it!" He still can't decide.

Finally, a friend at work gives him this article and Richard does the five steps as follows:

1. "I have the opportunity to be a partner with my brother Alan in a Crazy Chicken restaurant."

2. "I can't decide if buying the Crazy Chicken franchise will be successful or not."

3. "The future consequences I might be afraid of are that I'll lose my savings. I'll look like a fool. I'll regret quitting my job. I'll be cleaning a kitchen for the rest of my life."

4. "What's the biggest fear? Well, I can always save more money, so I'm not too afraid of losing my savings. I don't care if I look foolish. I doubt I'll really regret quitting my

job. But I can't stand cleaning kitchens! I'm terrified that I'll spend the rest of my life cleaning kitchens. I'd rather beg on the street than clean a kitchen."

5. Richard calls his brother. "Alan, if I do this deal, will you be in charge of kitchen cleaning forever?"

Alan says, "Sure!"

Richard says, "I want it in writing. I'll serve the food, take the money, sweep the parking lot or anything else. But if I have to clean the kitchen, even one time, you have to agree to buy me out immediately, okay?"

Alan says, "No problem. You will never, ever clean a kitchen at Crazy Chicken."

Richard laughs, makes the deal and quits his job.

Courage = Decision and Action

What opportunities lie in front of you? Why aren't you acting on them? After all, they are your options for your success.

If you remember this fact, you have the first key to taking advantage of opportunities:

"Inaction and indecision in the present is because of fear of consequences of the future." -- L. Ron Hubbard

What about the future makes you nervous? What future consequences scare you?

Identify and resolve these fears and you become decisive, active and successful.

Five Tips to Help Children Succeed

Raising kids is a difficult, yet important and rewarding responsibility. As a parent, you can succeed and add a valuable member to our world. Or you can fail as a parent and create an unhappy problem for the world to deal with.
Even if you are not currently raising children, they are a big part of your future. Today's children are tomorrow's parents and leaders. You can improve our future by helping parents raise their kids with these five tips. The quotes are from The Way to Happiness by L. Ron Hubbard.

1. **"What does have a workability is simply to try to be the child's friend. It is certainly true that a child needs friends."**

As you were growing up, did you have adult friends? Who were your favorite relatives, sports coaches or teachers? If you smile at the memory, they probably treated you as a friend.

Because children learn more about life from adults like you than from other children (or television), they enjoy your company. They want to talk to you and follow your example. Let them!

2. **"Try to find out what a child's problem really is and without crushing their own solutions, try to help solve them."**

A child is a regular person in a small body. He or she is starting to figure out the world. If you encourage them to solve their own problems, you are building their confidence.

For example, asking the right questions is more valuable to children than giving the answers. "Why do you think he was mean to you? What do you want to do about it? Okay. What might be a better way to solve it?"

As another example, the child is trying to open a package or fix a toy. When the child has trouble or gets frustrated, do not bypass and take over the task. Instead, encourage him or her to work it out. You will help make a happier, prouder, more competent person.

3. **"Observe them -- and this applies even to babies. Listen to what children tell you about their lives."**

For example, you might observe a baby calms down when you play Mozart. You may discover your three-year-old gets excited when painting flowers. An eight-

year-old may have a great idea for your career that you've never considered.

By observing children, you can be a better friend.

4. **"Let them help -- if you don't, they become overwhelmed with a sense of obligation which they then must repress."** (Repress = hold back.)

How do you feel if someone gives you money or favors, but refuses to let you return the favor in any way? Perhaps you feel worthless as you have nothing valuable to give to that person. If you are not allowed to help, you'll soon dislike or distrust the person and refuse all future gifts.

Examples: "If you fold the napkins, it would really help me." "I'll give you one dollar each week if you take care of all the garbage for the house." "I'll feel happy if you sing a song for me."

5. **"A child factually does not do well without love. Most children have an abundance of it to return."**

You can never give a child too much love. However, it's fun to try.

The more love you give to your child, the more he or she will give to you, and the world.

Happiness is Power

What makes you perform at your peak? What makes you happiest? When are you at your best?

Here's a power tip you won't learn from any of the motivational "experts."

"Happiness is power and power is being able to do what one is doing when one is doing it." -- L. Ron Hubbard

When you drive a car while thinking about other things, your reaction time is slower. You fail to see potential problems. According to police, inattention is the primary cause of auto accidents.

Daydreams and distractions ruin your job performance. You go on automatic and make mistakes. Because you are not giving your best, you produce less.

The ability to devote 100% of your attention to a task is difficult, at first. Yet when you start to live your life in the immediate present, in this exact moment of time, with little or no attention on the past or future, you feel more alive.

Concentrate on the period at the end of this sentence and nothing else.

Can you do it for five seconds? Fifteen? Can you do it with absolutely no other thoughts? Imagine being able to focus all of your attention on everything you do as you do it. This is power!

Staying in present time unleashes extra amounts of natural ability. For example, just before you leave on a vacation, you zero in on specific accomplishments and quickly get them done. When you only daydream about a vacation, you slow down and become less effective.

You handle conversations much better if you stay in the present. People feel you understand them when you are doing nothing but listening, with no other thought in mind.

The stronger your focus, the greater your power.

Five Tips for Your Success

Practice doing what you are doing when you are doing it in all your activities.

1. Do a simple task at your desk such as clear off some paper or write a note. Do this right now. Do absolutely nothing else when doing it. Practice this until your attention is more in the present than ever before.

2. The next time you are talking to someone, give him or her 100% of your attention. Think of nothing outside of the conversation. Notice the person's reaction.

3. The next time you drive your car, do what you are doing when you are doing it. Don't listen to the radio, talk on your cell phone, eat a snack, think about work or do anything besides drive. Extend your focus all around your car. Notice the difference.

4. Next time you kiss or hug someone, think of nothing else besides giving the kiss or hug. Really do what you are doing and give the person 100% affection. Try this with your spouse to see a great reaction.

5. At your job, spend a complete hour doing absolutely nothing but work. Do exactly what you are doing when you are doing it. Ignore other thoughts, other acts and other tasks. Take no breaks. Do nothing but work.

Don't be too surprised when you learn how powerful you can be!

Hate

Have you ever hated someone without knowing why? For example, you hate someone you just met, for no reason. Or you hate someone because of their gender, their hair color, their political views or their age. Why?

Perhaps before you hated that type of person, you tried to help someone like him or her.

For example, Jill says, "Can you give me a $3000 loan?"

You say, "No, I won't give you a loan, but I can show you how to get a raise."

Jill says, "Forget it! If I wanted your advice, I'd ask for it."

You suddenly feel a little hatred for Jill. Her comment is deeply insulting.

"If you think of somebody you hate, you can probably remember a time when you tried to help him or a man like him. Your hatred, actually, is based on the fact that you flopped." -- L. Ron Hubbard

You tried to help someone and you failed. Perhaps you gave some bad advice. Maybe the person didn't want the kind of help you offered. Maybe the person did not realize you had good intentions, at the time.

It's a rotten, upsetting feeling to try to help someone . . . and fail.

How to Resolve This Hatred

"Pick a person that you've tried to help and get a discussion going on the subject of help. I'll guarantee that if you had a bad time trying to help that person, you're going to enter into one of the wilder discussions that you have been in for some time." -- L. Ron Hubbard

So instead of ignoring the person or getting angry, talk about the subject of "help."

Discuss giving help, receiving help, problems with help and so on. Once you get started, your hatred will

dissolve. You will understand the person or people similar to this person.

Ten Sample Questions to Open the Discussion

1. Do you like getting help?

2. Do you like helping others?

3. How do you feel about me helping you?

4. How do you feel about helping me?

5. Have you ever tried to help me, but couldn't?

6. Is there a time I tried to help you, but I couldn't?

7. Do you wish you could help more people?

8. Do you wish more people could help you?

9. In the future, how can I help you?

10. In the future, do you want to help me? In what ways?

"Help is the most acceptable subject you ever discussed with anybody." -- L. Ron Hubbard

Give it a try! You will be delighted and amazed. You may even do some good for this world.

Have No Fear

If you were afraid of nothing, what goals would you set? What could you accomplish? What would you do if nothing scared you or made you nervous?

Fear stops success. For example, a woman who wants to get married, but she is afraid of men. So she does not get married. Or she marries someone who is wrong for her, just because he does not scare her.

If you want to run a business, you will fail if you are afraid of making big decisions. If you want to be a doctor, you cannot be afraid of sick people. If you want to succeed as an athlete, you cannot be afraid of hard, painful practice.

Fear of anything can ruin your success: fear of rejection, fear of being excluded, fear of anger, fear of paperwork, fear of speaking to groups, fear of stating the truth, fear of asking for money, fear of responsibility, fear of being attacked, fear of looking stupid, fear of pain, fear of displeasing someone and more.

With no fear in your life, what could you accomplish?

The Only Way to Remove a Fear Is to Face the Fear

"Definition: Fear is a state of imperception*; fear is an unwillingness to confront." -- L. Ron Hubbard (imperception = not perceiving; no awareness)

When something scares you, you cannot perceive it very well. Your awareness is reduced. You do not look at it.

To dissolve a fear, you must face it, confront it, experience it, perceive it, look it in the eye. Until you do this, the fear persists.

If you let a fear control you, you will avoid it, ignore it, alter it or run away from it.

For example, Bob is terrified of speaking in public. His boss says, "I'd like to promote you to the head of sales. You will need to give workshops to the sales team each week."

Bob has five options:

Avoid it: "I don't need a promotion."

Ignore it: "I'll think about it."

Alter it: "The sales manager should not give workshops."

Run away from it: "I'm taking a two-month vacation."

Face it: "I'll get my wife to practice the workshop with me until I'm ready. It may take 10-15 hours, but I'll do it!"

Only the last option dissolves Bob's fear. It makes Bob happier. He is more successful as a sales manager."

What scares you? Which of these five options do you use to deal with it?

Afraid to Offend

Nancy is afraid of offending people. Because of her fear, she cannot reach her goal to be a manager. Instead, she is stuck in a low-paying, boring, computer typing job.

Sometimes, Nancy ignores conflicts. For example, a worker in the next cubicle plays loud music. Nancy gets some earplugs.

Sometimes Nancy alters the problem. For example, Nancy returns to her desk to see a co-worker looking in her drawers. The co-worker says, "I'm looking for a pen." Nancy later notices $20 is missing. She alters what she knows has happened and says, "I must have left the cash at home."

So Nancy decides to change her life and face her fears. She walks over to the next cubicle, looks directly at the worker and says, "Please turn down the music." The worker is stunned and turns off the radio. Nancy then goes to the other co-worker and says, "I'm missing $20 that was in my desk before you went through it. Do you have it?" The co-worker says, "Oh, yes, I meant to ask, can I could borrow it?" Nancy says, "Sorry, I need it today" and gets her $20 back.

Nancy feels great! She decides to go face her boss and ask for the management training she has always wanted.

You can do the same with any of your own fears. You might think facing a fear will make the situation worse. You might think that facing the fear might even kill you.

Yet letting fears control you is not a very fun life.

Recommendation

Each time you face a fear, it gets easier. If you continue to confront the fear, the feeling eventually disappears.

Write down one of your fears. Go try to confront it. Continue until you face it completely.

When you look fear in the face, you gain strength, courage and confidence.

"To be happy, one only must be able to confront, which is to say, experience those things that are." -- L. Ron Hubbard

How Drugs and Toxins Hurt Your Success

Definition of "Toxin" = A poisonous substance.

You are bombarded with toxins every day. Air pollution, water pollution and food chemicals get into your body. Toxins are in cleaning products, paint, fertilizers, construction material, bug sprays, even perfumes.

Prescription drugs are also a major source of toxins that may solve one health problem, but can cause many new problems. Perhaps the worst toxins of all are street drugs: marijuana, cocaine, LSD, ecstasy, meth and so on.

L. Ron Hubbard discovered three important facts about toxins:

1. Toxins, especially street drugs, have long-term effects on your personality.

Even after you stop using drugs, you are never your old self. You may be less alert or less intelligent than before you took drugs. You may not be as patient, friendly or kind. Life might seem less interesting and more stressful.

"Drugs can apparently change the attitude of a person from his original personality to one secretly harboring* hostilities and hatreds he does not permit to show on the surface." -- L. Ron Hubbard from "Clear Body, Clear Mind" (*harboring: holding in the mind; maintaining.)

Can you remember how you felt before you took drugs? Were you more alert? Was it easier to learn? Were you happier?

Maybe you can't remember because drugs and toxins tend to cloud your memory.

2. When you get toxins in your body, bits of these toxins do not leave.

Because they are stored in your body, they can enter your blood at any time to hurt your health, change your personality and block your ability to think.

"In the 1970s, working with cases of individuals who had been drug users, and in a study of their physical symptoms and behavioral patterns, I made a startling discovery.

"People who had been on LSD at some earlier time sometimes had reactions which appeared to act as if they had just taken more LSD!"

"LSD apparently stays in the system, lodging in the tissues, and mainly the fatty tissues of the body, and is liable to go into action again--giving the person unpredictable 'trips'--even years after the person has come off LSD."
"Thus it seems that residues* of any or all of these hostile biochemical* substances apparently have the potential of remaining in the system, getting caught up in the tissues and remaining there, unsuspected, even after they have supposedly been eliminated from the body years earlier."-- L. Ron Hubbard from "Clear Body, Clear Mind" (*residues: the parts of something that remains) (*biochemical: the chemicals of a living system)
Clinical tests and medical autopsies prove that toxins do, in fact, get embedded in body tissues.

3. You can remove the stored toxins from your body through an intense program of daily exercise, sweating and nutrition. The program is called the Purification program.

"How does the Purification program work?
"Running is done to get the blood circulating deeper into the tissues where toxic residuals are lodged and thus act to loosen and release the accumulated harmful deposits and get them moving.

"Very important, then, is that the running is immediately followed by sweating in the sauna to flush out the accumulations which have now been dislodged.

"Regular nutrition and supplemental nutrition in the form of megavitamin* and mineral dosages and extra quantities of oil are a vital factor in helping the body to flush out toxins and to repair and rebuild the areas that have been affected by drugs and other toxic residuals.

"A proper schedule with enough rest is mandatory, as the body will be undergoing change and repair throughout the program.

"These actions, carried out on a very stringently monitored basis, are apparently accomplishing a detoxification of the entire system, to the renewed health and vigor of the individual." -- L. Ron Hubbard from "Clear Body, Clear Mind" (*megavitamin dosages: large amounts of vitamins)

Results

During the Purification program, most people can tell which toxins are moving out of their bodies. For example, On Day 2 your mouth might feel numb as the drugs, given to you by your dentist, are sweated out. On Days 4, 5 and 6 you might feel high from the marijuana you smoked in college. On Day 7, as they flush out, you might smell the paint chemicals that you inhaled from your days as a painter.

While you are doing the Purification program, you eliminate traces of toxins every day. You experience many ups and downs as the drugs and chemicals are rinsed out of your body. And then one day, near the end of your program, you feel cleaner and healthier than you have in years!

All of the 250,000+ people, who have completed the Purification program, report one or more of the following benefits.

□ Improved physical condition

□ Clearer thinking

□ More positive outlook on life

□ Increased self-confidence

□ Younger feeling

□ More alert

□ Increased energy level

□ Improved smell, taste, hearing, touch and vision

Flushing out the drugs and toxins stored in your body significantly increases your chances of success.

How to Be a Leader

You are a leader, even if not officially. People follow your example, learn from you, want to know your opinions and so on. Constantly improving your leadership skills is essential to your success.

Most people have the wrong idea about leadership. For example, car salesman Jim was promoted to the Sales Manager position. During his first week as manager, he decided to show everyone who was boss.

Jim cracked the whip. He held a meeting and told the other sales people, "I want 10 cars sold today or someone will get fired!"

The sales people ran around looking busy and avoiding Jim. Everyone tried to force customers to buy cars, but car sales dropped.

Jim yelled even louder. "You can't sell cars by pressuring customers, you idiots! Now get out there and sell these stupid cars!"

After a month of this, his two best sales people quit. Sales dropped even further.

Jim said, "I can't believe this! What am I doing wrong?"

Five Bad Leadership Attitudes

Like many new managers, Jim had these five wrong ideas:

1. "Because I'm the manager, you better respect me . . . or else!"
2. "People are lazy; I have to force them to work."
3. "Because I'm the boss, I can do anything I want."
4. "If you work for me, you need to kiss my butt."
5. "If you don't like how I run things, you can leave."

Because of these attitudes, Jim's sales people were selling fewer cars and looking for other jobs. If Jim did not change his attitude, he would also be looking for a new job soon.

Just in time, Jim learned this vital fact about management.

A Key to Leadership Success

"I believe that to command is to serve and only gives one the right to serve." -- L. Ron Hubbard

At first Jim said, "What? I'm supposed to serve others? How ridiculous!"

But then he thought it through and a lightbulb above his head flashed on.

"If I SERVE my staff members by teaching them about sales and cars, they know how to sell better."

"If I SERVE my staff members with kindness and courtesy, they will treat customers better!"

"If I'm here to SERVE my team, I don't force them to make sales, I help them make sales."

A New Day

The next morning, Jim brought in a box of chocolate doughnuts for the sales staff and said, "Today is a new day! This may be a shock to you, but I've realized that I can be a better manager. I want to try helping you instead of yelling at you, okay?"

He then asked, "How can I HELP you each sell a car today?"

His team offered some ideas: "Fill the tanks full of gas so we don't have to buy gas during test drives." "Let us give out more brochures." "Offer cookies to the customers."

Jim said, "No problem! I'll get you gas, brochures and cookies."

The sales staff was stunned, but happy.

During the day, he helped his people give service to the customers, not pressure.

"She wants to discuss it with her father first?" "That's probably a good idea. Give her a phone."

"He wants to test drive twelve cars before deciding?" "No problem."

"They want to show the car to their mechanic." "Great! Invite him down and give them a tour of our service department, as well."

Customers felt they were buying luxury cars because of the excellent service. The sales people enjoyed their work. Jim had more fun with less stress. Car sales soared.

Service, Not Slavery

Jim had one small worry, "Will my people take advantage of me or run over me if I'm trying to give them service?"

He soon found this was not a problem when one salesman said, "Jim, I need a few hours off to run some errands for my wife. And I need to borrow the demo car, okay?"

Jim said, "No. And you can't take off a few hours until I see you sell a car today. How can I help you do your job?"

Recommendations

1. Make a list of everyone you lead in one way or another: customers, staff, coworkers, family members, friends, colleagues, even your boss.

2. Write down one or more ways you can better serve each of these people this week.

3. Provide these services during the week.

4. Observe the results. Watch how people react. Notice how you feel. You might be amazed!

If you persist with an attitude of service, your position improves, your pay increases and you have more fun. Not only are you more successful, so are the people you lead.

How to Be a True Friend to the World

Who has the power to be your greatest enemy? Bad bosses or bad employees? Rotten neighbors? Terrorists? Unfriendly drivers on the freeway?
Actually, none of them.

Your greatest potential enemy is you.

No one can ruin your life like you can. No one can pull the plug on your career as effectively as you. No one can wreck your marriage like you.

When you criticize yourself or hate yourself, you become your own worst enemy.

In a book called "Self Analysis," L. Ron Hubbard writes, **"Probably the most neglected friend you have**

is you. And yet every man, before he can be a true friend to the world, must first become a friend to himself."

When you have a high opinion of yourself, you are less afraid. You have confidence. You can make progress.

As a good friend to yourself, you stop doubting yourself. You like yourself. You expect you will succeed.

When times get tough, you can rely on yourself. When the whole world seems to oppose you, you will have at least one supporter. Even when your body stops working, you will still have a loyal friend with you.

To become a true friend to yourself, first set a goal to become your own best friend.

With this goal in mind, you can then change a few attitudes. For example, if you beat yourself up for something you did wrong in the past, knock it off. You did what you thought was right at the time. Forgive yourself, decide to never do it again and move on.

If you criticize yourself, maybe someone made you believe these criticisms. Stop agreeing with this person.

At least be fair to yourself. For every critical thought you have about yourself, balance the scales with a positive thought. Why not compliment yourself from time to time?

Be kind to yourself. Buy yourself a gift. Pat yourself on the back.

If you don't like yourself, you may not have many friends. How can you expect people to like you if you don't like you?

Yet as soon you are a true friend to yourself, you will find it easy to have many friendships and become a true friend to the world.

How to Be Happy

Many people believe they cannot be happy. They say, "Anyone who tells you they're happy is lying." "I'd be happy if I had a better _____ (spouse, job, body, house, income, parent, child, boss, employee, government)." "Life stinks and then you die."

The truth is, you are the one who controls the amount of joy you have in your life. You control it based on how well you follow these two rules:

"One: Be able to experience anything.

"Two: Cause only those things which others are able to experience easily." -- L. Ron Hubbard from Scientology: A New Slant on Life

Rule One

Every time you are unhappy, there is something you cannot experience. You cannot "be there" with it. You cannot face it.
For example, you are unhappy when someone yells at you. You cannot stand it. It ruins your day.
So you decide you will learn to take it. You practice by having a friend yell at you until you can experience it. You realize it's simply noise. Because you can experience people yelling at you, it no longer makes you unhappy.

"To be happy, one only must be able to confront, which is to say, experience those things that are." -- L. Ron Hubbard

As another example, you need to give presentations at your job. However, you hate speaking to groups. You make up excuses and avoid this part of your job until you get fired.

If instead, you face the music and give the talks, you succeed. Despite your fear, you face and experience the audience. You confront the job and feel happy.

Wealth Tip

Rule One gives you an opportunity to increase your income. If you can easily experience work that most people can't or won't do, you become more valuable.

For example, understanding complicated laws,

performing heart surgery and managing thousands of people are difficult jobs to experience. This is why lawyers, doctors and CEOs make more money than others. Jobs like selling hot dogs or answering telephones are easy to experience and so do not pay as well.

What valuable work can you do that others can't easily experience? What are the most difficult things for you to experience at work? If you could easily experience them, what would happen with your pay?

Rule Two

"Two: Cause only those things which others are able to experience easily." -- L. Ron Hubbard

This means you need to pay attention to others. Everyone experiences things differently.
For example, your colorful language offends your mother, but makes your friend laugh. Spending the day at a shopping mall is a joy for your daughter, but a boring waste of time for your son. Your political views enrage your father-in-law, but inspire your neighbor.

To be happy, you cannot have attitudes like these: "I'll say whatever I want to anyone I want." "If you don't like what I do, that's your problem." "It's dishonest to not say how I feel."
If you don't care about other people's happiness, the people around you will eventually not care about your happiness either. Everyone becomes unhappy.

"To create only those effects which others could easily experience gives us a clean new rule of living." -- L. Ron Hubbard

If you follow this rule, your work relationships, marriage and friendships all thrive. If you break this rule, you lose friends and make enemies.

For example, you notice that your spouse cannot easily experience you complaining about your work. You stop complaining and your spouse is more cheerful. You feel happier. The rule worked.

Employees and Children

You may think this second rule means you can't demand good performance from employees. For example, "My employees can't easily experience hard work, so I'll be soft on them."

However, laziness ruins productivity which ruins your company. A bankrupt company is difficult for everyone to experience!

So you learn to demand good performance in a way that others can easily experience. "Let's get 100 parts built by Friday and I'll buy everyone lunch!" Everyone is productive AND happy.

As another example, children may not like brushing their teeth, but tooth pain is much more difficult to

experience. So you get your kids to brush without anger or threats. "Let's all go brush our teeth right now" "Brush your teeth after each meal and you'll earn a sticker each time!"

How to Be Happy Right Now

What is making you unhappy right now?

Which of the two rules do you need to follow?

"One: Be able to experience anything." "Two: Cause only those things which others are able to experience easily." -- L. Ron Hubbard

What can you do right now to follow that rule?

How to Be Happy Next Week

1. Write down everything that might be hard for you to experience next week.

2. Write what you can do next week to more easily experience these things.

3. List out what you might do or say next week that others may not easily experience.

4. Write how you can accomplish your objectives next week while only causing things that others can easily experience.

Make these changes and you might have your happiest, most successful week ever!

How to Be Lucky

Many people are looking for luck. In fact, "luck" is one of the most popular words used in internet searches.

What most people don't realize is that you can make your own luck. You can control your future.

You just make up your mind!

"We used to talk about 'breaks' in the writing business all the time, you know. And I just haven't had any good breaks lately.

"So I said, 'Well, that's just a matter of making up your mind to have some good breaks.'"

"So I made up my mind to have some good breaks. In the ensuing week I sold a movie and had a heck of a lot of other things happen, all of which were unexpected." -- L. Ron Hubbard

Recommendations

1. Make up your mind that you are going to be lucky from now on. Decide that you will have some good breaks. Everything will be going your way.

2. Write down how you will be lucky this week. What good things are going to happen? Decide you will be lucky and get what you want.

3. Watch what happens!

How to Break Bad Habits

To succeed, you must have the power to break your bad habits.

For example, bad spending habits block your financial success. Laziness ruins your income. Acting like a victim makes people avoid you.

Bad health is caused by smoking, drinking, drugs, bad diet or a lack of exercise. When you break these bad habits, you feel better and live longer.

Bad marriages are also caused by bad habits, like dishonesty, disrespect or cheating. When you break these habits, you and your spouse enjoy a happier marriage.

From smoking to lying, being disorganized to gambling, you can stop any behavior that is bad for you and your success.

Taking Control

You have the power to control yourself. You move your arms and legs. You decide what you say. You determine where your body goes.

In other words, habits are not forced on you by others. Breaking habits means you take control.

"A habit is simply something one cannot stop." "When one loses the ability to stop something, that thing to some degree has become his master." -- L. Ron Hubbard
from
The Problems of Work

For example, you decide to stop being late for work. For several days, you get out of bed on time, quickly get ready for work and arrive on time. You feel in control.

But then one morning, you have a powerful urge to stay in bed. You cannot stop the feeling and end up being late for work. You do this almost every morning for a week.

You then decide to take better control and use more intention than before. You successfully stop being late. A few months later, you notice you have no urge to stay in bed and enjoy the benefits of arriving early for work, every day.

Control a Habit to Break a Habit

"Control consists entirely of starting, changing and stopping. There are no other factors in positive control. If one can start something, change its position in space or existence in time and stop it, all at will, he can be said to control it, whatever it may be." -- L. Ron Hubbard

So how can you increase your self-control? Improve your ability to start, change or stop yourself.

What can you start about the bad habit? For example, you decide to start eating sugar at noon one day, 2:00 PM the next day and 9:00 AM the third day. You decide when to start eating sugar for the day.

Next, change some things about the bad habit. You eat more honey and fruit. You eat candy for breakfast or donuts before dinner. You successfully change the habit.

Finally, you find ways to stop the habit. For example, stop eating donuts forever. Stop eating cookies at night for one night. Eat only half of a candy bar and then throw it away. You successfully stop the habit in various ways.

As you continue to start, change and stop the habit, it gets easier and easier. You notice you have more control of the habit until you realize you have mastered the habit. You then break the habit forever.

Start!

How to Make Great Decisions

When you make good decisions, you build your self-confidence.

"SELF-CONFIDENCE is nothing more than belief in one's ability to decide and in one's decisions." -- L. Ron Hubbard

When you cannot make decisions, you build up stress, create confusion and make people wait. Even worse, when you put off decisions, you miss opportunities.

So how do you make great decisions?

"Given information and the purpose, anybody can make a decision." -- L. Ron Hubbard

In other words, decision-making is like playing cards. If you know which cards each player is holding (information), you make good decisions and win the money (purpose).

15 Questions to Help You Make Decisions

From starting a business to changing careers, buying a house to choosing a vacation, any decision is easy to make, if you have the purpose and information.

For example, Joe needs a car (purpose). He narrows his choices to: 1) buy the $90,000 BMW, 2) buy the $30,000 used Acura, 3) fix up and keep the old Toyota.

As another example, Bob asks Dorothy to marry him. Dorothy wants to be happily married (purpose). So she selects her four choices: 1) Marry Bob immediately, 2) Marry Bob after a long engagement, 3) Don't marry Bob, but keep dating him, 4) Don't marry Bob and stop dating him.

Once you have your purpose and options, find the answers (information) to these 15 questions for each of your options. Your best correct decision will be obvious.

1. What is the goal or purpose of each option?

Joe writes, "1) The purpose of the BMW is to ride in style while impressing my friends. 2) The purpose of the Acura is to have comfortable transportation without big loan payments. 3) The purpose of the Toyota is to have good reliable transportation at a small cost."

Dorothy examines the purpose of each of her options. She writes, "1) The purpose of marrying Bob immediately is to move on with our lives together. 2) The purpose of a long engagement is to leave plenty of room for me to change my mind. 3) The purpose of not marrying, but continuing to date Bob is to learn more about him without a commitment. 4) The purpose of not seeing Bob any longer is to look for someone else. Well, I can eliminate this last option as I'm sick of looking and really do love Bob."

2. How do the purposes of each option align with your goals?

Joe writes, "My goal is to drive something comfortable I can be proud of, but not consume all of my money. The Acura fits that goal best."

Dorothy writes, "I have the goal to get married, so the first two options line up with that goal."

3. What are the statistics for each choice? Each of your options has statistics.

Joe can learn maintenance costs, resale value costs, miles per gallon and so on.

Dorothy can check out Bob's statistics in life. How well does he keep his word? How much money does he make? What happened with his past relationships?

As other examples, when hiring an employee, his or her statistics in life and at the last job are important. When deciding on a job, a career, a relationship, a new business or anything, you can find the track records.

4. Finances? Two vital questions: What will each option cost? How much money will each return? The cost is not a barrier if the predicted return is greater than the cost.

5. Sequences? Most people forget to look at the exact steps involved with each solution.

For example, when interviewing job applicants, ask "If I asked you to start on Monday, what would you do?" Some applicants say, "Well, I might not have a car. . ." or

"My pet cat has been sick, so . . ." A smart job applicant says, "I'll show up five minutes early!"

6. Is this choice legal and ethical? Is it fair to everyone involved? Will you be proud of your choice in the future? Would you have any problem telling a judge or TV reporter about your choice?

7. What is the probability of success? For example, how many BMW or Acura buyers are happy enough to buy a similar car? How long will the Toyota last?

If you have no solid data, estimate the odds of success for each choice. For example, Dorothy estimates the odds of a successful marriage to Bob are higher with her second option, if she has a long engagement, than the other two remaining options.

8. Do I have the resources? Resources include people, space, skill, knowledge, money and time. Do you have the means for each choice? If not, the choice may not be right for you.

9. What are the end results? If everything went smoothly, how would each choice turn out? What would the results be? How would it change things in a year or two?

10. What do others want me to do and why? As your choice probably affects other people, you want to know what choice they want you to make. More importantly, why they want you to make it.

Make a list of everyone who is affected and what you believe they want. You are not asking them to help with your decision, you are just gathering information.

11. What are the potential gains and benefits? The "upside" is a big part of your decision.

If everything went well with each choice, what would happen? For example, "I'll get rich!" "We'll be happily married for 40 years." "We can add 100 new offices."

12. What are the potential losses and liabilities? Worst-case scenarios and risks. For each risk, look at how you can protect yourself or your group.

For example, Dorothy evaluates the risks of a marriage and realizes a long engagement has a lower risk of divorce than a fast marriage.

13. What are all the barriers and difficulties for each choice? What gets in the road of each choice. Lack of money? No one else wants it? Not enough time? Fear?

Joe sees no difficulties in buying the BMW or Acura, but lists several problems with repairing his old Toyota.

Dorothy realizes Bob might not like the third option of just dating, but would support a long or short engagement.

14. What would be easy and effortless about each choice? Some choices involve no barriers at all.

15. What do I really want? What am I willing to do? What interests me? Which choice turns me on and makes me happiest? Why do I feel like doing it?

Interest and enthusiasm are vital to a decision ending up being the right decision. A decision with lots of interest and enthusiasm is more successful than a brilliant decision with no interest or enthusiasm.

Because of your purpose and sufficient information, you will make correct decisions.

A series of correct decisions build your certainty and confidence. And when others learn you are usually right, they follow your lead. Everyone succeeds!

Imagine Your Success

During a tour of duty in Vietnam, Major James Nesmeth was captured and held prisoner in a tiny cell for seven years. To keep sane, he mentally practiced his golf game.

Every day he would imagine being at the first tee at his favorite golf course. He would imagine the weather, the feel of the club and the grass at his feet. He would look at the ball and imagine the perfect swing.

Soon after he was freed and returned to the United States, he went to his favorite golf course and played a round of golf. Without touching his club for seven years,

he improved his game by 20 strokes . . . as a prisoner of war!

"One's ability to imagine is directly proportional to one's ability to be successful." -- L. Ron Hubbard

As well as using your imagination to improve your golf game, you can use it in many other ways.

Goal Achievement

Imagine successfully achieving your goals and your chances of reaching those goals are greater.

For example, Shelly and her sister Jill both want to own a home.

Shelly keeps a box filled with paint colors, carpet samples, floor plans and so on. She clips out articles about home locations, loans and buying tips. She has a clear mental image of what her home will look like.

Jill, on the other hand, worries about the problems of buying a home. She worries that house prices are too unstable. She feels terror whenever mortgage rates increase. She complains that life is unfair.

Shelly and Jill both learn about a house for sale for a very low price.

Which sister says, "I'm sure I can't afford it." Which sister says, "I'm going to go see this house during my lunch break."

Who do you think will be first to own a house?

What Can You Imagine?

Your imagination can help you do a better job at work. For example, your paperwork mountain is swallowing up your desk. While taking your morning shower, you envision yourself completing the entire pile in one day. You imagine yourself working hard and fast to clean up the backlog. You feel the joy as the last piece of paper is handled and you look at your clean desk.

When you arrive at work, you know what to do. Because you have a good imagination, you soon have a clean desk.

Other uses:

- Imagine how the rest of today will go for you. Take a minute and imagine it will be a wonderful.

- Imagine getting more work done next week than ever in your life.

- If you are looking for a spouse, imagine what he or she will be like. Imagine your lives together.

- Imagine what you might accomplish this year. What if you could accomplish anything at all?

- Imagine accomplishing one of your goals. How will it happen? How will you feel?

- When you think about being successful, what does it include? Imagine that!

Like it or Not, People Follow Your Example

You may not realize how much influence you have on others. You might be the newest guy at the lowest-paying job in the worst company, but you still influence people.

For example, if you walk around work with speed and determination, others will notice this and feel more like walking around with speed and determination. As a new assistant, you therefore influence your boss.

If you taste a cookie in a restaurant and smile, people notice this. They will be happy to taste that type of cookie.

As another example, your friends are laughing at an overweight woman, but you don't laugh. In fact, you frown. You don't say anything. They stop laughing at the

woman and may stop making fun of overweight women, because of your example.

"There are many people one influences. The influence can be good or it can be bad." "The way to happiness requires that one set a good example for others." -- L. Ron Hubbard

Children follow examples set by their parents, employees follow examples set by their bosses, and group members follow examples set by their leaders. Yet examples set by children, employees and group members also have an effect.

Set a Good Example

What kind of influence do you wish to cause? How do you want people to behave around you?

Do you like others to be clean, kind, patient, hard-working and honest? Respectful, understanding, interested, cheerful and polite? Healthy, persistent, smart, organized and fair?

By setting an example, you influence others. So the type of influence you wish to make is your choice.

For example, if you want people at work to be more supportive, start being more supportive yourself for several days and see what happens!

1. Write down how you want people to behave at your work and at home.

2. Write down how you can set the example for that behavior.

3. Set the example for a week.

4. Notice what happens.

5. Use this tool to create new happiness and success in your life.

Give it a try!

Muscle Up Your Memory

Around the time we hit 30, our brains begin a slow, steady downward trajectory, or so popular wisdom would have it.

But cognitive decline is by no means an inescapable side effect of aging. In fact, according to a flurry of new reports, you can counteract age-related changes in the brain with a surprisingly simple regimen of activities guaranteed to nurture and fortify your mental musclepower. Here are seven easy ways to keep your brain quick, sharp, and bristling with youthful vigor.

1. Google Often

When you search the Internet, you engage key centers in your brain that control decision-making and complex reasoning.

And these few clicks may be more mentally stimulating than reading, say UCLA scientists. Their studies found that Internet searching uses neural circuitry that's not activated during reading--but only in people with prior Internet experience. MRI results showed almost 3 times more brain activity in regular Internet searchers than in first-timers, suggesting that repeated Googling can be a great way to build cognitive strength over time.

Tip: Spend around 20 minutes a few days a week searching topics you've always wanted to learn more about—regardless of how seemingly frivolous: Whether you're researching a celebrity's latest pratfalls or musical harmony, the benefits to your brain are the same.

2. Exercise

Yes, exercise can stave off or delay dementia—but did you know it can actually reverse brain aging too?

A team from the University of Illinois' Beckman Institute recently reviewed dozens of past studies and found that aerobic exercise boosts not only speed and sharpness of thought but also the volume of brain tissue. As little as 50 minutes of brisk walking 3 times a week was found to have this brain-expanding effect.

Tip: For an added boost, walk in the park: University of Michigan researchers found that volunteers whose course took them through a tree-filled setting performed

20% better on memory and attention tests than those who walked downtown.

3. Brush and Floss

Oral health is clearly linked to brain health, according to a team of British psychiatrists and dentists.

After studying thousands of subjects ages 20 to 59, they found that gingivitis and periodontal disease were associated with worse cognitive function throughout adult life—not just in later years.

Tip: Follow your dentist's advice—floss daily and brush your teeth for 2 minute s at least once a day.

4. Eat Blueberries

New research shows that the purple-hued fruits may help sharpen your thought processes.

After National Institute on Aging and Tufts University researchers injected male rats with kainic acid to simulate the oxidative stress that occurs with aging, rats that had been fed a diet containing 2% blueberry extract did better navigating a maze than rats that didn't get the compound. In another study, the same researchers found that rats that ate blueberries showed increased cell growth in the hippocampus region of the brain. The researchers theorize that anthocyanin—the dark blue pigment found in blueberries—is responsible for these cognitive changes; it contains chemicals that may cross

the blood-brain barrier and lodge in regions that govern learning and memory.

Tip: Stock up on blueberries when they're on sale, and sprinkle them over your cereal or yogurt or fold them into your smoothie. Off-season, buy them frozen; they're every bit as nutritious as fresh.

5. Do Puzzles

Amazingly, you'll knock a decade off your cognitive age.

In a University of Alabama study of nearly 3,000 older men and women, those who participated in 10 60-to 75-minute sessions of brain-boosting exercise sharpened their mental abilities so much that their brains performed like those of people more than 10 years younger.

Tip: Start small—whip out a booklet of basic puzzles when you're riding to work on the train or waiting in a long checkout line. As your skills improve, graduate to more challenging brainteasers.

6. Meditate

More than just a great stress reliever, meditation can also enhance your brain's gray matter

Participants in a new study from Massachusetts General Hospital in Boston appear to have experienced growth in the cortex, an area of the brain that controls memory, language, and sensory processing. In addition, meditators in a University of Kentucky study performed better than

their non-meditating counterparts on a series of mental acuity tests.

Tip**: Make the practice a regular habit—the participants in a recent study meditated an average of 40 minutes a day. But you can start with 15 on your lunch break or before you leave for work. Sit upright, close your eyes, and focus on whatever you're experiencing in the present moment, whether it's birds chirping in the distance or just the sound of your own breathing**

Step One: BE a Success

Jane wants a healthy body. Andy wants a successful accounting firm. George wants a big happy family.

All three know how to reach their goals. Jane knows she needs to control her diet and exercise every day. Andy knows he needs to promote his accounting practice and provide outstanding service to his clients. George knows he needs to learn more about raising children and to spend more time with his family.

Yet they never actually DO the steps they must do to HAVE the results they want to have. Why not?

Be, Do, Have

As you know, to HAVE the things you want, you need to DO certain actions. For example, before you can HAVE

money, you need to DO things to earn the money. You need to identify the most valuable product or service you can provide; show people the benefits of your service or product; deliver this service or product in high volume and high quality; collect money, expand your operation, learn from your mistakes and so on.

What you may not know is that one other condition must exist before you can succeed.

"The ability to be is more important than the ability to do. The ability to do is more important than the ability to have." -- L. Ron Hubbard

That's right! BEING is more important than DOING or HAVING!

The Correct BE

Do you know that you can BE anything?

Remember when you were very young you could BE a race car driver in the morning, a king in the afternoon and a famous singer after dinner?

It's not only fun to BE something new, it is VITAL for your success.

For example, Jane, who wants a healthy body, wants to exercise every day. Yet instead of forcing herself to start jogging, she works on the BE. She puts on her running suit, her running shoes and her running hat. She stretches her muscles like a runner. She straps her

portable stereo to her arm, puts on the headphones and turns on some rock 'n' roll.

By the time she finishes preparing, she can't wait to go out and start jogging. She feels healthy already! Because she is BEING a healthy runner, the DO is much easier. She goes outside and enjoys her run.

What identity should Jane take if she wants to control her diet? Maybe a diet expert? Perhaps a gourmet cook who specializes in healthy food? She certainly shouldn't just BE a hungry person.

What must George BE to do the steps necessary to have a successful family? In his case, he might need to take off every other "hat" in his life and put ON his family hat. Perhaps he puts on an old soft sweater, uses a kinder voice and thinks about nothing except his children. He decides to BE Dad and nothing else.

The Incorrect BE

Some people will only assume one identity. They fail in life because they refuse to BE anything else.

For example, even though he wants a highly-successful accounting firm, Andy won't change his identity. "I don't care what anyone thinks. My accounting work is perfect. I'm going to BE whatever I want."

So Andy wears the same type of clothing he wore in college. He uses bad language, smokes fat cigars and throws paper airplanes around his office.

His partner Linda assumes the identity of a highly-successful accountant. She wears professional clothing, uses perfect English and keeps her office spotless.

Andy says, "Linda is phony. I know she's really a slob like me, but she goes around acting like some big shot. She makes me sick."

Linda ignores Andy and continues to BE a professional. Naturally, clients prefer to work with Linda as they trust her. She earns three times more money than Andy.

Eventually, Linda decides to BE a highly-successful accounting firm owner. As a result, she becomes the accountant for five big businesses, moves her practice to an expensive office suite and hires two new accountants. She is creating a million-dollar firm while Andy is still being a college student.

Two More Examples

Julio wants to get married, but the women he meets want nothing to do with him. He realizes he is BEING boring, unattractive and shy. He realizes BE is more important than DO or HAVE.

Julio changes his identity to be attractive, confident and cheerful. He wears his best clothes, forces himself to stand straight and adds a smile to his face. An attractive woman at his work notices him for the first time and smiles at him.

Beth wants to write a horse-training book on training horses. After working with horses for 20 years, she has discovered new training methods, but can never get past the title page. Beth learns the importance of BE.

She realizes she was trying to write a book while BEING a horse trainer instead of an author. She reads how her favorite writer writes before sunrise, drinks herbal tea and wears a yellow sweater. So Beth gets up before sunrise, brews some herbal tea and puts on a yellow sweater. She becomes a writer, not a horse trainer, and writes five pages in five minutes!

Recommendations

If you truly want to DO the actions necessary to HAVE what you want from life, work out and assume the correct BE. These steps might help you:

1. Write down something you want to HAVE.

2. Write down the actions you DO to get it.

3. Work out the identity you must BE. List the characteristics, attitudes, appearance, qualities and features of this identity.

4. Before starting the actions, BE the correct identity for the job. Assume the characteristics. Put on the hat.

5. Once you are being what you need to BE, you will feel anxious to start the DO. Jump in with both feet!

6. Ignore those who criticize you for being what you need to BE or doing what you need to DO to get what you want to HAVE from life. Once you reach your goals, these small people will also be jealous of your success.

7. If doing the job seems too difficult, you may need to back up a step and boost the BE. Expand the identity. Do a little research about the top people in the field. Add more traits and characteristics.

Who should you BE this week?

The Best Revenge

Do you want to hurt someone because he or she hurt you? Do you need to get even? Are you seeking revenge?

You might think the best revenge is to destroy your enemies. Make them regret ever messing with you. Prove you are more powerful.

For example, Peter and his wife Samantha owned the best restaurant in town. Yet when Peter caught Samantha having an affair, he not only asked for a divorce, he decided to get even. He made sure they fought over every tiny detail of the divorce for three years. In the end, their lawyers had new Mercedes; Peter and Samantha had nothing.

Fighting an enemy can take over your life and cost you enormous amounts of money and time. For example, you

get into a car accident, hurt your back and sue the automobile company for an unsafe design. You then spend years proving you are a victim and suffering, when instead, you should be working on your success.

Some people think the best way to get revenge is with violence. They throw a rock, punch a nose or start a war. Yet if you use violence for revenge, you hurt innocent people. You destroy lives. You might even end in up in jail.

So what is the best way to get revenge?

"Sometimes others seek to crush one down, to make nothing out of one's hopes and dreams, one's future and one, himself.

"By ridicule and many other means, another who is evil-intentioned toward one can try to bring about one's decline.

"It is sometimes necessary to handle such directly. But there is a long range handling that seldom fails.

"The real handling of such a situation and such people, the real way to defeat them is to flourish and prosper.

"Oh, yes, it is true that such people, seeing one improve his lot*, can become frantic and attack all the harder. The thing to do is handle them if one must but don't give up flourishing and prospering for that is what such people want you to do.

If you flourish and prosper more and more, such people go into apathy about it; they can give it up completely.**

"And that is my wish for you: flourish and prosper!" -- L. Ron Hubbard from *The Way to Happiness* (*lot: one's destiny or condition in life) (**apathy: complete failure, no feeling, no emotion)

10 Benefits of Getting Revenge by Flourishing and Prospering

1. You feel powerful, not like a victim.

2. Your enemy gives up.

3. Your personal image is improved.

4. You do not waste your time or money in a fight you might lose.

5. You are more motivated to be successful.

6. Bad guys cannot pull you down to their level of evil.

7. Once you defeat your enemies by succeeding, they do not try again. Of course, if they try again, you simply flourish and prosper more than ever!

8. Potential enemies see how you succeed, despite others' opposition, and don't even try.

9. Thanks to an enemy, you end up with more money, more control and more power.

10. You are much, much happier.

The Do-It-Now Habit

Do you feel overworked? Do you have too much to do? Are you not making the progress you want to be making toward your goals?

Why can some people produce twice as much as others? For example, Jane not only handles three kids, but works 30 hours per week and runs a small business from her home office. Jane's house is always clean and she prepares delicious, healthy meals for her family.

Jill, on the other hand, has one daughter, makes no money, has no time to do her housework and prefers pizza delivery dinners.

Both Jane and Jill are good mothers, but why are they so different? Why is Jane so efficient?

To be more like Jane and less Jill, break two bad habits and form one good habit.

Two Bad Habits

1. The first bad habit is to look at a piece of work you are supposed to do -- a task, a program, a communication, an assignment or - and put it aside to do later.

Instead of acting, you read it, digest it, think about doing it, consider the problems, sigh, and put it down to do later. Nothing is accomplished. A total waste of time.

2. The second bad habit is taking a piece of work, look at it and refer it to someone else. Even though it's your job, you try to get someone else to do it. The other person eventually sends it back to you. A total waste of your time AND the other person's time.

One Good Habit

"Do it Now."

"One of the best ways to cut your work in half is not to do it twice."

"If you do every piece of work that comes your way WHEN it comes your way and not after a while, if you always take the initiative and take action, not refer it, you never get any traffic back . . . "

"In short, the way to get rid of traffic is to do it, not to refer it; anything referred has to be read by you again, digested again, and handled again; so never refer traffic, just do it so it's done."

"So if you are truly a lover of ease, the sort of person who yawns comfortably and wears holes in heels resting them on desks, if your true ambition is one long bout of spring fever, then you'll do as I suggest and handle everything that comes your way when it comes and not later; and you'll never refer anything to anybody that you yourself can do promptly."

"Do it when you see it and do it yourself." -- L. Ron Hubbard

For example, the government sends you a tax form asking you for some financial information. You take ten minutes to understand what is required and realize it's quite simple. You notice it's not due for two months, but instead of tossing it in your desk to do later, you take another ten minutes to find the information, fill out the form and drop it in the mail.

If you wait to fill out the form later, you have had to spend another ten minutes to understand it again. Perhaps you look at the form every few days, think it over and decide to wait. You might even forget do fill out the form and then waste even more time trying to understand why the government is charging you a $250 late fee.

As another example, you notice your car tire is a little low and you fill it right now. If you wait, you get a flat tire while driving to work. You are not only two hours late for work, you have to buy a new tire.

More examples:

Your food explodes in the microwave? You clean it up now.

Your boss asks for a report? You write it and turn it in now.

Your group needs a decision from you? You make it now.

When you jump and do things at your first opportunity, you stay in better control of your job and your life while earning hours of extra time to use however you wish.

How to Form the Do-It-Now Habit

The best time to get into a do-it-now habit is, of course, RIGHT NOW!

1. Take a stack of papers, task or any kind of cluttered mess that you need to handle.

2. Take the first item.

3. Deal with it, handle it, do it now.

". . . take the initiative and take action. . . ."

4. If you find it hard to do it now, remember the reward. If you get your work done in half the time, how will you spend the OTHER half of your time? Earning more

money? Starting new projects? Having more fun? The choice is yours.

Give it a try.

Now!

The #1 Barrier to Learning: Knowing it All

Do you know someone who thinks he or she knows everything there is to know about something?

If so, you know the biggest reason why that person cannot learn.

"You cannot study a subject if you think you know all about it to begin with.

"A student who thinks he knows all there is to know about a subject will not be able to learn anything in it.

"A person might already be familiar with a subject from previous experience and, having had success in that field, now has the idea that he knows all about it."

"With that obstacle in the way, one can become completely bogged* down in his studies and not make forward progress.

"This is true for a student of any subject." -- L. Ron Hubbard (bogged: hindered or slowed)

Symptoms of "Knowing it All"

Instead of learning, you or others say things like:

"I could give a better lecture than that guy! What a waste of my time. I'm taking a nap."

"Whoever wrote this article should have asked for my opinion; I know more than her!"

"This material is too simple for me."

However, if you realize that no one, including you, knows everything about a topic, you can then learn something new. You can improve your knowledge and skill in that subject. You open a door to new knowledge.

How to Handle "Knowing it All"

Try this exercise with a subject about which you feel you know everything there is to know.

1. Find an article you have not read on that subject.

2. Before reading the article, say to yourself, "I already know everything about this subject."

3. Read a few sentences of the article. Are you learning anything?

4. Next, agree with one of these statements:
A. "I'd better read this to see if there is just one more thing I can learn."

B. "To make sure I still know more than everyone else, I'll read this article."

C. "My mind actually has room for more knowledge!"

5. Try reading the article now. Are you learning anything?

Ask anyone, who is wildly successful, if they know everything about their field. In all cases, they will proudly admit they do not. You will find they have a thirst for knowledge. This thirst is essential to their success.

Be thirsty this week!

Why People May Dislike You

When people do not like you, they ignore you, disagree with you or attack you. They do not help you succeed.

To make people like you, you might take extra showers, get a haircut and buy new clothes. Yet they still do not like you.

Even when you tell them how important you are, they still do not like you. Why?

Reason #1

"Asserting one's own importance is about as acceptable as a dead cat at a wedding." -- L. Ron Hubbard

Do you know someone who tells you how popular or important he or she is? Do you admire and respect this person?

To be more successful, you must use this idea in reverse. Instead of making yourself seem important, make others feel important. As a result, they feel good and want to be around you.

Certain people are very sensitive about their importance. They get upset, angry, even violent if you treat them with disrespect; with less importance than they feel they deserve. In many cases, the less money, skill or power people have, the greater their need to feel important.

Giving or granting importance to others is a skill you can use to boost goodwill and cooperation. When you make people feel important, they trust you, believe you and like you. They are happy to help you be more successful.

Reason #2

"Ignore people at your peril." -- L. Ron Hubbard

Do you know someone who walks with their nose in the air? Who walks by you as if you do not exist? How does this person make you feel?

You can ruin your success if you ignore people. For example, if you ignore the spouse of your boss, you might be demoted. If you ignore a waitress, your food might taste funny. If you ignore someone who works for you, you might suddenly find a long, deep scratch on your car.

Contrary to what you may have learned as a teenager, if you ignore people, they do not admire and respect you. Instead, they despise and hate you. Arrogance does not earn you popularity, power or expertise.

Noticing people is not only good manners, it shows the kind of person you are.

For example, Joe is going to the most important job interview in his career. He walks into the high-rise building like a big shot and gets into the elevator to go to the 30th floor. As the elevator doors close, a woman rushes up, but she can't make it as Joe just ignores her. He does not like overweight women. So of course, while waiting in the fancy lobby on the 30th floor, the overweight woman comes out to give Joe the interview.

Never assume anyone is unimportant.

Recommendations

"People have value and are important. Big or small they are important." -- L. Ron Hubbard

1. Instead of making yourself seem important, make other people feel important. Treat everyone you meet as a VIP.

2. Notice everyone you see. Give them your full attention and really listen to them.

Noticing people and making them feel important is essential to your success. They want to help you, to support you, to be on your side.

Notice everyone. Automatically respect them. They will like you.

With practice, you can notice people and make them feel important, with just a glance.

Try it today!

What Happens If You Exclude People?

Have you been banned from a group? Have you been treated like a second-class citizen?

When you were young, did certain kids exclude you from being their friends? How did that make you feel?

When a group refuses to let you join, do you admire and respect that group?

Many group leaders do not understand an important fact about letting people into their groups, organizations, businesses and countries.

"EXCLUSION OF OTHERS IS THE BASIC CAUSE OF WAR AND INSANITY."

"Letting people INTO the group at large is the key to every great movement and bettered culture on this planet. This was the new idea that made Buddhism the strongest civilizing influence the world has seen in terms of numbers and terrain. They did not exclude. Race, color, creed, were not made bars to membership in this great movement.

"Politically the strongest country in the world was the United States, and it was weakened only by its efforts to exclude certain races or make them second-class citizens*. Its greatest internal war (1861-65) was fought to settle this point, and the weakness was not resolved even then." -- L. Ron Hubbard from an article called "Group Sanity" (second-class citizen: A person considered inferior)

Perhaps certain people get angry at the United States, not because they "hate liberty," but because they are excluded.

Why Let People In?

If you let people into your group, they love you for it.

If you bar people from joining your group, they hate you for it.

For example, you have lunch with ten friends from work every week. You have a terrific time, laughing, telling jokes and enjoy yourselves.

Two new guys at work ask, "Can we join your group for lunch?" You say, "Sorry, it's a private party."

Later that day, you notice the two new guys won't look at you. The next night, you find a long, deep scratch on your car door. The following week, the boss says, "I have an anonymous report here that you've been stealing supplies. Is that true?"

As L. Ron Hubbard mentions, making African Americans second-class citizens caused the U.S. Civil War which killed more Americans than all other wars combined. Even today, people in all countries try to exclude others because of their race or culture (Middle Eastern, Asian, Hispanic, African), religion (Buddhist, Mormon, Scientologist, Jewish, Hindu, Muslim), gender (female) and age (too young, too old).

When they exclude people because of their race, religion, gender and so on, they create enemies and lawsuits.

However, when nations, organizations and groups happily include anyone who wishes to join, they become powerful.

Recommendations

Have you excluded anyone from your group? Have you ever treated anyone like a second-class citizen?

What can you do to include him or her? How can you treat the person as an equal? What can you do to let people be your friends?

Also, if someone excludes you from a group, you might want to attack the person. Instead, realize he or she just does not understand the consequences of exclusion. Simply find another group.

Even better, start your own group and include everyone who wants to join. Your group will become the biggest and most successful of all!

What to Do When You Feel Outraged

Getting angry is the correct response in some situations. Yet blowing up and overreacting can ruin your relationships and success.

For example, you might feel outraged and say:

1. "WHO STOLE MY PEN!"

2. "I can't believe you got home late again; I just can't trust you."

3. "I hear you changed your mind! After all my hard work. I can't believe this!"

4. "She never called me back so I guess she is rejecting my offer. I'm never working with her again!"

5. "He always disagrees with me and I've had it!"

Jumping to the wrong conclusion and getting outraged can seriously damage your success.

Great Advice for Handling Anger

"Listen and question before you decide you're outraged." -- L. Ron Hubbard

By listening and questioning, you find the correct problem and see a better solution.

1. "Has anyone seen my pen?"

2. "Why did you get home late?"

3. "Did you change your mind?"

4. "Will you accept my offer?"

5. "Do you disagree with me?"

By listening and questioning, you learn the truth.

1. "Oh sure, you can borrow it."

2. "Sorry; I forgot you'd told me you'd be late!"

3. "I'm glad you did not change your mind."

4. "Take all the time you need to think about my offer."

5. "I'm glad we agree!"

In most cases, you will not feel outraged after you listen and question.

Recommendation

The next time you feel outraged, do not react.

Instead, ask a few questions and listen to the answers.

Much of the time you'll find you reached the wrong conclusion.

You'll be happy you did not react!

Why You Should Give More Than You Receive

Life is not fair.

Perhaps you give more gifts and holiday cheer than anyone gives to you. You may give great advice, but never get thanked for it. Maybe you donate more than your fair share to those who are less fortunate than you.

And that's a good thing!

"A human being feels able and competent only so long as he is permitted to contribute as much or more than he has contributed to him." -- L. Ron Hubbard

For example, you promise to work five extra hours for your client, Joe. During those hours, you are focused, efficient and professional. You get so involved with the job, you forget to watch the clock and end up working for almost six hours, but still only charge for five. Joe is impressed and you are proud. Your future with Joe feels secure.

As another example, you tell Chris, "You poor thing! You don't need to work. We'll just give you money each month." At first, Chris thinks this is a great deal. But soon, she wonders, "Am I so useless that no one wants me to work? Can't I make a contribution here?" She feels unable and incompetent. If you then get Chris to do some work for the money, she feels happy and secure.

As a final example, you encourage your children to contribute to the family. Your four-year old sweeps the floors each day. Your ten-year-old takes care of the pets. Your fifteen-year-old washes your car every week. Your family is happy as everyone feels able and competent.

"A man can over-contribute and feel secure in an environment. He feels insecure the moment he under-contributes, which is to say, gives less than he receives. If you don't believe this, recall a time when everyone else

brought something to the party but you didn't. How did you feel? -- L. Ron Hubbard

Recommendation

Give a bit more to others than they give to you. Contribute excessive time, gifts, money or other forms of help to good causes or good people. Do not expect an extra exchange.

Continue to over-contribute whenever you can. Instead of having a fair exchange with others, arrange for an abundant exchange, with you always giving more than you receive.

As a result, you will feel more able, more competent and more secure. All three are important ingredients to your success!

Confused?

Every failure starts with confusion.
Your education, skills and experience are useless . . . if you're confused.

Ten Signs Confusion is Hurting You

1. You can't focus or concentrate.
2. You get angry for silly reasons.
3. You can't decide.
4. You forget things, your mind goes blank.
5. Parts of your life are mysterious.
6. Your thoughts are stupid or senseless.
7. You feel frustrated and stopped.

8. You cannot follow directions or simple instructions.
9. You feel dizzy or clumsy.
10. You simply can't understand what's going on with you.

Ten Examples in Life

1. You want to make large amounts of money, but can't figure out how.
2. One of your most important relationships is not going well.
3. Your health is slowly getting worse for no reason.
4. You are overwhelmed by negative emotions.
5. You really want to make progress, but too much is happening.
6. When you try to learn something, you feel overwhelmed.
7. You have too much information to figure out a solution.
8. A loss or disaster causes a permanent damage.
9. Your plans constantly change and never get done.
10. You would start your own business if it was not so complicated.

How to Stop Confusion

Do you understanding these four words? Check them before reading the solution.

- **Datum:** one fact or piece of information.
- **Factor:** element or ingredient.
- **Particular:** a single thing; separate and distinct.
- **Particles:** tiny pieces or parts

The solution: **"Until one selects one datum, one factor, one particular in a confusion of particles, the confusion continues. The one thing selected and used becomes the stable datum for the remainder." — L. Ron Hubbard**

Four Steps to Solving Any Confusion

1. You are confused. Thoughts, tasks, emotions and ideas (particles) are flying all over the place.
2. You pick ONE factor and lock it down. Make it stop moving. Focus on it.
This is your Stable Datum. It doesn't matter which factor you pick. Pick a particle that you like.
3. Use this single idea to organize everything else. Make it your first priority.
4. BANG! The confusion dissolves. You know what to do.

Powerful Success Skill: Manage Your Priorities

You can boost your performance and income by picking your next action as your ONE THING. Instead of messing around with low-value tasks, go for the biggest effect you can create with these three steps.

1. Write down a problem, situation or project that is on your mind. It can be anything that is difficult, disorganized or confusing.

2. Write down the result you wish to accomplish.

    1. What is the optimum conclusion?

2. If everything goes well, what will happen with this problem, situation or project?

3. What would make you feel you resolved the problem or completed the project?

3. Write down the NEXT PHYSICAL ACTION STEP you need to take. This is your stable datum for maximum success.

    1. What can you do right now?

    2. What act will move you closer to the optimum condition?

    3. If you had nothing else to do besides work on this project, what single thing would you do?

"Schedule a meeting" is too vague. Instead, be specific. Examples: "Tell Jack to find the Smith file." "Watch the training video." "Buy a box of folders." "Make ten calls by noon." "Clean out the closet." "Train Nancy to answer all calls with good manners."

Selecting a specific action puts you in charge. You feel some control of the situation. You don't even need to do the action; just working it out gives you a stable datum and blows off the confusion.

Example

Your finances are a mess. You do not know how much money you have or whom you owe. Your bills do not get paid on time. Your personal and business finances are mixed together. You are so worried and confused, you avoid the problem.

You take one minute and write down the following:

"1. Situation: My finances are a confused mess."
"2. Objective: Organize my finances so I pay my business bills properly."
"3. Action Step: Before doing anything else, go online and open a new checking account for business purposes only."
Suddenly, your head clears up. You no longer worry about the big confusion; you just focus on opening a new bank account. You select a stable datum and stop the confusion.
Any action step can act as the stable datum: "Buy a calculator." "Put all my bills in one folder." "Cut up my credit cards." The action step does not even need to be the BEST action step to erase the confusion; any action step or any stable datum is fine.
You have correctly selected a stable datum when you no longer feel confused and see a clear path to your success.

Six Benefits

- Working out a stable datum for the confusion helps you organize your thoughts.
- As soon as you have time to work on the project, you have a starting point. You can focus on one specific act, not a big cloudy mess.
- You feel less stress and more confidence.
- You feel motivated and energized to take action.
- You become smarter; you make better decisions.
- You are one step closer to your goals and ultimate success.

Examples

Office Meeting Chaos

Emma walks into the work meeting just as her team leader says, “Let’s brainstorm new ideas to fix our bad sales numbers!”
Instantly, the room erupts into a flurry of disconnected ideas, confused voices, clattering keyboards and papers moving around. The team leader writes a few words on the whiteboard, but is getting confused. Emma sits in the middle of the confusion and feels like she’s spinning in circles.
She asks herself, “What’s ONE THING I can do here? Hmm. Ah, coffee!”
She gets up, strolls over to the coffee table and helps herself.
She watches the group “discussion” while taking long deliberate sips.
Emma asks herself, “What is ONE THING I can do to end this chaos? Hmm, Ah!”
She says, “HEY! How about we start by finding out why sales numbers are down?”
Everyone stops talking and nods in agreement.
The team leader says, “Emma, can you take over the whiteboard?”

Jill's Career Change Upset

Jill’s parents send her to college. They want her to become a doctor, but she leaves medical school to become a party planner. Her parents are furious with her.

They yell at her over the telephone and then refuse to talk to her. Because her parents had never been this angry, Jill becomes very confused. She cannot think about her parents, school, party planning or her future without getting confused.

At first, she gives up on everything and stays in bed all day. "What should I do? I just hate being a doctor, but my parents expect it."

But then she remembers a possible solutions. She selects ONE THING that makes sense.

"I'm sure that deep down, my parents still love me despite our disagreement."

Jill no longer feels confused and knows what to do next. She sends her parents a nice e-mail about the weather and includes a picture of her pet cat.

Her father writes back, thanks her for the message and tells her they are sorry and will support whatever career she pursues.

Mohammed and Kanika's Marriage Mess

After ten years of marriage, Mohammed and Kanika argued every day.

"You don't need to tell me how to fix your eggs every morning, okay?"

"Why doesn't your brother get a job instead of asking for loans?"

"I wish you understood the truth about politics!"

"Glad we didn't have any kids."

"Stop ignoring me!"

Finally, Mohammed and Kanika hit bottom. They felt lost in the confusion of their relationship, unsure of how they

had gotten to this point and even less sure of how to fix it. They were thinking about getting a divorce.
Kanika said, "What is ONE THING we can agree on?"
Mohammed suddenly remembered how they used to go for walks together. "How about a walk?"
Kanika said, "Good idea."
They both smiled and started their walk. Without saying anything, they both felt the confusion lift and held hands. They apologized to each other and talked more openly than they had in months.

What Do Modern Imperialist Powers Want From Us?

Imperialist and neo-colonial powers do not want to see Muslims thrive because Islam presents a strong belief system and social structure that opposes their colonial agendas. Islam teaches justice, brotherhood, and self-determination on both individual and collective levels, which go against the interests of these imperialist powers.

Neo-colonial powers expect people to live a life aligned with Western or imperialist values, such as materialism, individualism, and the acceptance of their economic and political dominance. They want people to abandon their culture, religion, and sovereignty, and instead, submit to their hegemony and follow their agenda. This allows them to advance their economic and political interests while maintaining the balance of global power in their favor.

Imperialist and neo-colonial powers also see Muslims as a threat because Islam offers a comprehensive ideology that extends beyond just religious teachings, providing guidance for political, economic, and social systems as well. Islamic teachings provide a complete way of life based on justice, human rights, equality, and laws regarding what is permissible and forbidden, which pose a challenge to the exploitative and unjust systems of these powers.

Neo-colonial powers expect people to adopt a consumerist lifestyle, where everything has a price, and moral principles are replaced by economic gain. They seek to control people's minds, making them slaves to Western culture, media, and the capitalist system. These powers attempt to sow discord and division in Islamic countries to weaken Muslims, making it easier to exploit their resources and lands.

Islamic unity, centered around the Quran and Sunnah, is the greatest obstacle for neo-colonial powers because they see that if Muslims unite according to their faith, they can not only reclaim their sovereignty but also challenge the dominance of imperialist powers. Therefore, they discourage Islamic systems and try to draw Muslims towards secularism, liberalism, and materialism to weaken their true identity and strength.

Imperialist and neo-colonial powers fear both major Islamic sects, Shia and Sunni, for their resistance culture,

but for different reasons. Both have elements that pose a challenge to the colonial ambitions of these powers, though there are differences between them.

Shia:

The resistance spirit within the Shia community, particularly the message of Karbala tied to the sacrifice of Imam Hussain (a.s.), is considered especially dangerous by neo-colonial powers. Shia teachings emphasize the struggle against oppression and the establishment of justice, rooted in the teachings of the Ahl al-Bayt (a.s.) and revolutionary movements. Shia Muslims have a history of resistance against imperialism and oppression wherever they are. Iran's Islamic Revolution revitalized this resistance culture, leading to challenges against imperialist interests under Shia leadership, making the Shia community particularly threatening to these powers.

Sunni:

Within the Sunni community, there are also groups and movements that challenge neo-colonial powers, such as the Muslim Brotherhood or Sufi movements that promote social and spiritual awakening. Sunni resistance culture also includes traditions of anti-imperial struggle, especially the Palestinian liberation movement, which is predominantly led by Sunni resistance fighters.

More dangerous to neo-colonial powers:

Overall, Shia resistance culture and its religious teachings are considered more dangerous to imperialist powers, particularly due to their political and revolutionary movements. However, they also perceive a threat from Sunni resistance movements, especially when these movements join global Muslim unity and anti-colonial efforts.

Neo-colonial powers fear any Islamic model that challenges their exploitative system, whether it is Shia or Sunni. The resistance aspect of Islam, which raises its voice against oppression and seeks to establish justice, is the biggest threat to these powers.

Benefits Of Reciting The Qur'an In Chronological Order

(Tafsir-e-Hamgam-ba-Wahi is a commentary on the Qur'an in descending order, authored by Ayatollah Bahjatpour, in Persian)

Tafsir Tanzili is an important method of understanding and explaining the Quranic verses in the order of their revelation, offering countless benefits. One of the key advantages is that it provides an awareness of the stages of success. By viewing the Quranic verses in the context of their revelation, it becomes clear that Allah revealed the verses in a specific sequence to guide humanity, which is essential for understanding the phases of

human development and success. When a person reads the Quran in this order, they realize the different challenges the Quran addressed at various stages and how Allah provided guidance to help humanity overcome difficulties.

Another significant benefit of this tafsir is that it cultivates a gradual awareness of social revolution. Through Tafsir Tanzili, Quranic verses can be understood within a system, revealing how Islam gradually brought about a social, moral, and spiritual revolution in Makkah and Madinah. This tafsir provides a clearer understanding of the process of change and reform within society, showing how an Islamic society is built step by step and how adopting Quranic principles can establish a peaceful and balanced social system.

Furthermore, Tafsir Tanzili helps individuals understand that the journey to success is not instantaneous but a gradual process with various stages. This process requires patience, perseverance, and trust in Allah, and these concepts are better understood through Tafsir Tanzili.

A significant benefit of Tafsir Tanzili is that it provides a gradual understanding of how to solve problems. When a person comprehends the verses of the Quran in their chronological order, they gain insight into how Allah revealed different verses according to various periods and circumstances, offering guidance for specific issues. This gradual approach teaches a person that, instead of reacting hastily, problems should be addressed with wisdom and patience, in a step-by-step manner. This method provides practical insight at every stage of life, showing that with every difficulty, there is ease, and behind every trial, there is divine wisdom.

Additionally, Tafsir Tanzili strengthens one's faith. When a person sees how the Quranic verses were revealed and understands the purpose behind each one, their faith becomes more firm. They realize that the Quran is not just a sacred book but a living miracle that guides humanity in every era and under all conditions. This instills a deep conviction that the Quran offers solutions to the challenges of every age, and its teachings are always practical and beneficial.

On a societal level, Tafsir Tanzili plays a crucial role in establishing social justice and welfare. Through this tafsir, a Muslim can comprehend how the Quran laid the foundations of the early Islamic society and the principles through which that society developed. With this

understanding, they can implement the same principles in the modern era to establish a better and more just society. This tafsir teaches individuals how to practically eradicate evils from society and promote goodness.

Finally, Tafsir Tanzili provides individuals with an understanding of how to attain divine help and support. When a person reads the Quranic verses in their chronological order, they realize how Allah helped His Prophet and the believers at various times and remained with them in their difficulties. This understanding assures a person that as long as they adhere to Allah's commands, His assistance will always be with them, and they will achieve success both in this world and the hereafter.

Revelation Order

The **chronological order** of suras (i.e., the order in which quran suras are revealed to the holy prophet) is specified in several reliable sources, most of which are based on the narrations received from the great prophet's companion, Ibn Abbas.

The traditional order of revelation is provided in the table below. The detailed information is extracted from "The History of the Quran" by Allamah Abu Abd Allah al-Zanjani[1)2)]. Professor Noldeke in his famous work "Geschichte des Korans"[3)] has provided an ordering which is slightly different from the traditional order in the following two items:

- Sura 110 (An-Nasr) is the last in the traditional order, but Noldeke has placed it between 59 and 24.
- Sura 62 (Al-Jumu'a) is after 64 and 61 in the traditional order, but Noldeke has placed it before 64 and 61.

Note that the order of a sura is specified based on the revelation of the first ayas of the sura, not the revelation of the whole sura.

Chronological Order of Suras

Order	Sura Name	Number	Type	Note
1	Al-Alaq	96	Meccan	
2	Al-Qalam	68	Meccan	Except 17-33 and 48-50, from Medina
3	Al-Muzzammil	73	Meccan	Except 10, 11 and 20, from Medina
4	Al-Muddaththir	74	Meccan	
5	Al-Faatiha	1	Meccan	
6	Al-Masad	111	Meccan	
7	At-Takwir	81	Meccan	
8	Al-A'laa	87	Meccan	
9	Al-Lail	92	Meccan	
10	Al-Fajr	89	Meccan	

Order	Sura Name	Number	Type	Note
11	Ad-Dhuhaa	93	Meccan	
12	Ash-Sharh	94	Meccan	
13	Al-Asr	103	Meccan	
14	Al-Aadiyaat	100	Meccan	
15	Al-Kawthar	108	Meccan	
16	At-Takaathur	102	Meccan	
17	Al-Maa'un	107	Meccan	Only 1-3 from Mecca; the rest from Medina
18	Al-Kaafiroon	109	Meccan	
19	Al-Fil	105	Meccan	
20	Al-Falaq	113	Meccan	
21	An-Naas	114	Meccan	
22	Al-Ikhlaas	112	Meccan	
23	An-Najm	53	Meccan	Except 32, from Medina
24	Abasa	80	Meccan	
25	Al-Qadr	97	Meccan	
26	Ash-Shams	91	Meccan	

Order	Sura Name	Number	Type	Note
27	Al-Burooj	85	Meccan	
28	At-Tin	95	Meccan	
29	Quraish	106	Meccan	
30	Al-Qaari'a	101	Meccan	
31	Al-Qiyaama	75	Meccan	
32	Al-Humaza	104	Meccan	
33	Al-Mursalaat	77	Meccan	Except 48, from Medina
34	Qaaf	50	Meccan	Except 38, from Medina
35	Al-Balad	90	Meccan	
36	At-Taariq	86	Meccan	
37	Al-Qamar	54	Meccan	Except 44-46, from Medina
38	Saad	38	Meccan	
39	Al-A'raaf	7	Meccan	Except 163-170, from Medina
40	Al-Jinn	72	Meccan	
41	Yaseen	36	Meccan	Except 45, from Medina
42	Al-Furqaan	25	Meccan	Except 68-70, from Medina

Order	Sura Name	Number	Type	Note
43	Faatir	35	Meccan	
44	Maryam	19	Meccan	Except 58 and 71, from Medina
45	Taa-Haa	20	Meccan	Except 130 and 131, from Medina
46	Al-Waaqia	56	Meccan	Except 81 and 82, from Medina
47	Ash-Shu'araa	26	Meccan	Except 197 and 224-227, from Medina
48	An-Naml	27	Meccan	
49	Al-Qasas	28	Meccan	Except 52-55 from Medina and 85 from Juhfa at the time of the Hijra
50	Al-Israa	17	Meccan	Except 26, 32, 33, 57, 73-80, from Medina
51	Yunus	10	Meccan	Except 40, 94, 95, 96, from Medina
52	Hud	11	Meccan	Except 12, 17, 114, from Medina

Order	Sura Name	Number	Type	Note
53	Yusuf	12	Meccan	Except 1, 2, 3, 7, from Medina
54	Al-Hijr	15	Meccan	Except 87, from Medina
55	Al-An'aam	6	Meccan	Except 20, 23, 91, 93, 114, 151, 152, 153, from Medina
56	As-Saaffaat	37	Meccan	
57	Luqman	31	Meccan	Except 27-29, from Medina
58	Saba	34	Meccan	
59	Az-Zumar	39	Meccan	
60	Al-Ghaafir	40	Meccan	Except 56, 57, from Medina
61	Fussilat	41	Meccan	
62	Ash-Shura	42	Meccan	Except 23, 24, 25, 27, from Medina
63	Az-Zukhruf	43	Meccan	Except 54, from Medina
64	Ad-Dukhaan	44	Meccan	
65	Al-Jaathiya	45	Meccan	Except 14, from Medina

Order	Sura Name	Number	Type	Note
66	Al-Ahqaf	46	Meccan	Except 10, 15, 35, from Medina
67	Adh-Dhaariyat	51	Meccan	
68	Al-Ghaashiya	88	Meccan	
69	Al-Kahf	18	Meccan	Except 28, 83-101, from Medina
70	An-Nahl	16	Meccan	Except the last three verses from Medina
71	Nooh	71	Meccan	
72	Ibrahim	14	Meccan	Except 28, 29, from Medina
73	Al-Anbiyaa	21	Meccan	
74	Al-Muminoon	23	Meccan	
75	As-Sajda	32	Meccan	Except 16-20, from Medina
76	At-Tur	52	Meccan	
77	Al-Mulk	67	Meccan	
78	Al-Haaqqa	69	Meccan	
79	Al-Ma'aarij	70	Meccan	

Order	Sura Name	Number	Type	Note
80	An-Naba	78	Meccan	
81	An-Naazi'aat	79	Meccan	
82	Al-Infitaar	82	Meccan	
83	Al-Inshiqaaq	84	Meccan	
84	Ar-Room	30	Meccan	Except 17, from Medina
85	Al-Ankaboot	29	Meccan	Except 1-11, from Medina
86	Al-Mutaffifin	83	Meccan	
87	Al-Baqara	2	Medinan	Except 281 from Mina at the time of the Last Hajj
88	Al-Anfaal	8	Medinan	Except 30-36 from Mecca
89	Aal-i-Imraan	3	Medinan	
90	Al-Ahzaab	33	Medinan	
91	Al-Mumtahana	60	Medinan	
92	An-Nisaa	4	Medinan	
93	Az-Zalzala	99	Medinan	
94	Al-Hadid	57	Medinan	

Order	Sura Name	Number	Type	Note
95	Muhammad	47	Medinan	Except 13, revealed during the Prophet's Hijrah
96	Ar-Ra'd	13	Medinan	
97	Ar-Rahmaan	55	Medinan	
98	Al-Insaan	76	Medinan	
99	At-Talaaq	65	Medinan	
100	Al-Bayyina	98	Medinan	
101	Al-Hashr	59	Medinan	
102	An-Noor	24	Medinan	
103	Al-Hajj	22	Medinan	Except 52-55, revealed between Mecca and Medina
104	Al-Munaafiqoon	63	Medinan	
105	Al-Mujaadila	58	Medinan	
106	Al-Hujuraat	49	Medinan	
107	At-Tahrim	66	Medinan	
108	At-Taghaabun	64	Medinan	

Order	Sura Name	Number	Type	Note
109	As-Saff	61	Medinan	
110	Al-Jumu'a	62	Medinan	
111	Al-Fath	48	Medinan	Revealed while returning from Hudaybiyya
112	Al-Maaida	5	Medinan	Except 3, revealed at Arafat on Last Hajj
113	At-Tawba	9	Medinan	Except last two verses from Mecca
114	An-Nasr	110	Medinan	Revealed at Mina on Last Hajj, but regarded as Medinan sura

References

1) The History of the Quran by Abu Abd Allah al-Zanjani (pdf book, English translation).

2) Chronological Order of Quranic Surahs, rendered by Kevin P. Edgecomb.

3) Geschichte des Korans by Theodor Noldeke (pdf book, Arabic translation).

What to do when disappointed?

Your own expectations about what should happen are the only ones creating the emotion of disappointment.

In your mind, you have created the scenario you wish to live and when it doesn't happen the way you predicted, you get frustrated and sad.

What's happening there is that instead of letting things just unfold naturally, assuming it's not in your hands to decide how they will occur, you're trying to control them…

So, when that happens to me, **I remind myself that I'm feeling that way because I'm not accepting what is.**

If you practice gratitude and gladly accept life as it happens, you will never be disappointed again.

You need to surrender and embrace the present moment and make the most of it, regardless of how it looks like and how unexpected or challenging it may be.

Remember that everything in your life happens to help you know yourself better while you're having the most amazing physical experience there is as a human being, and that no matter what comes in your way, it will always benefit you in that sense, so why worry about what happens then?

Try to see your journey as a script you wrote yourself as an unlimited eternal soul, before coming to Earth and

understand that whatever happens is a part of it, not good, not bad, it just is what is meant to be for you to remember who you truly are.

The moment you see life that way, you're at peace and free to live it in the most meaningful and fulfilling way possible.

Effective Way To Manage And Reduce Stress In Daily Life

Stress is created in your mind, it's not coming from the outside.

External events, people or circumstances are not what creates stress in your life, it's your perspective of all those aspects of your day which makes you lose your inner peace.

It's not about what happens, it's how you choose see what happens and what you end up making of it what makes the difference between being at peace or distressed.

So, the best way of managing that noise in your head that creates all the stress and anxiety in your life is to start being more conscious of your thoughts and reactions to whatever is happening in your life.

Instead of reacting to life and let emotions run the show, which is the main cause for that stress you're talking

about, you need to start creating a little pause between what happens and your response to it.

Conscious response instead of emotional reaction.

Whenever something happens or somebody tells you something, try to stop for a second, be aware of what you're feeling and don't let it control your actions.

Let your response to the event be a conscious choice in the direction to your inner peace and your best interest, instead of an automated behavior that's coming from and emotional reaction fed by your fears, insecurities and expectations.

Remember that stress is nothing but your mind trying to control everything and creating a distorted vision of what's really going on.

If we listen to our mind, we end up overreacting to life and making a big deal of things that are not really that important.

If you take a step back and use the pause to see the big picture, you'll see that the circumstances are not that dramatic and you'll be able to respond consciously to anything that happens and keep your inner peace.

Try it for a while and you'll see how it changes your life for the better.

How everything will be alright when facing adversity?

Being alright is not an outcome, it's a choice, it's in your hands.

During your lifetime there's going to be a lot of noise outside. External events, people, circumstances…

The key to being ok no matter what, specially when you're in a moment of your life where challenges seem to be the trend, is to choose to see what happens as something that is always going to benefit you.

Difficult situations make you stronger and wiser. Discomfort is where growth happens.

We have the tendency to look at them as something "bad" because they may be unexpected or unpleasant (or both), but actually those life challenges are the only thing that helps us know more about who we really are.

So don't wait for things to be alright, for you to be content and at peace.

Consciously choose to be ok no matter what because you know that what's meant to be for you will find you and everything coming in your way is there to benefit you.

It's like having a super power.

Nothing can get to you if you don't let it, no matter how bad it may look like in the moment.

Try to get used to zooming out instead of letting yourself be caught into that adversity you mention and you'll understand much better how it all fits in when you take a look at the big picture of your life journey.

Worrying Only Means You Suffer Twice

When you worry, you're anticipating future potential scenarios that don't even exist yet.

So, if you're worried something you consider unpleasant for you will happen because you don't want it to happen and then it ends up happening, you're going to suffer while you're anticipating the event and then when the event actually happens.

Isn't it better to live thinking it will all be ok, and then if ends up being in another way, you will deal with it when it happens? Why ruin your inner peace and the present moment by worrying about something that might not even happen anyway?

***"We suffer more often in imagination than in reality."* —Seneca.**

Most of the things we worry about will not even be real in the end, it's mainly our own beliefs and past experiences telling us that what happen in the past can happen again.

But the thing is, things change and the fact that something happened once doesn't necessarily mean that's going to happen again, so worrying about it is an absolute waste of time and energy.

Whenever you catch yourself worrying about something, try to be aware of what's going on inside your mind and ask yourself *"What belief about myself or any external events should I be holding to feel this way right now?"*.

That will give you a hint about why you're trying to anticipate whatever event you're anxious about, and the moment you acknowledge it and understand where that feeling comes from, it won't have any more power over you.

Try it next time you're worried about something.

Worrying doesn't take away tomorrow's problems, it only takes away today's peace.

What To Do When Trouble Comes In Life?

Change your perspective.

Many things in life will appear as "problems", when in fact they will be chances to prove your potential and discover new aspects of yourself that you weren't aware of.

Instead of labelling unexpected or unwanted events in your life as "trouble", which gives a negative connotation to it, try to shift your point of view to seeing them as challenges to grow and know yourself better.

To see them as something positive for you, makes a huge difference and helps a lot when dealing with them.

I know it's not easy to see getting fired, not making ends meet, breaking up with someone or any other situation that can be seen as trouble like something that can have a positive impact in your life, but it's all about how you choose to see it and it gets easier with practice.

Reality has no built-in meaning or labels like good or bad, it is you who has to give it meaning and choose how you want to perceive it.

Consciously choosing to see anything in your way as an opportunity to make the most of your life experience, instead of an issue that needs to be solved, will change a lot how you experience your journey and what you get out of it.

A traffic jam can be frustrating or an opportunity to chill listening to some music and practice patience.

Getting fired can be devastating or a chance to discover new passions or potential careers.

A relationship that ends can be heartbreaking but also many new fulfilling relationships can come your way.

It's not what happens, but how you choose to see what happens and how you turn it into something positive for yourself.

Remember that you're here for the experience and everything that has been layed out for you to go through

is supposed to be helping you know more about who you really are so that you can express yourself freely during your lifetime.

Trust the process, try to make the most of it and focus on enjoying the life.

How Do Humans Define Happiness?

Real Happiness is what you feel when you don't need to search for happiness.

If you are always pursuing something, you're doing it from a position of lacking that something you're trying to get.

Like when you're poor and want money, or when you're not fit and you desperately look for ways to get in shape, or when you don't have a life partner and get into several dating apps to try and maximize your options.

Well, with happiness, it's the same.

Being truly happy means being content with what you have, satisfied with your life circumstances, grateful for what the Universe puts in your way no matter what, and eager to embrace what's coming next because you know it will always benefit you.

Happiness is your true self's natural state of being, so it's an attitude towards life that you can consciously choose within yourself.

Building upon this concept of happiness, it becomes clear that happiness is not found in material possessions or external achievements. It's an inner state of being that transcends the conditions we find ourselves in. When you stop chasing after things that you think will bring you happiness—whether it's wealth, beauty, recognition, or relationships—you open yourself up to the joy of the present moment.

Instead of thinking "I'll be happy when…", you can shift your mindset to "I'm happy now because I choose to be." This does not mean that you should not have goals, ambitions, or desires, but it's important to recognize that true happiness is independent of these external factors.

Many people confuse happiness with temporary pleasure or satisfaction that comes from fulfilling a desire. But as soon as that desire is fulfilled, another one takes its place, leaving you in a constant state of searching and craving. Real happiness, however, is rooted in contentment and the acceptance of life as it is. It's about finding peace in your current circumstances and understanding that happiness doesn't come from what you attain, but from how you perceive the world around you.

Happiness also grows when you shift your focus from "me" to "we." The more you engage in acts of kindness, help others, and contribute positively to society, the more your sense of happiness deepens. This is because true happiness is connected to a sense of purpose and

meaning, which often comes from looking beyond your own personal needs and desires.

It's also important to practice gratitude. When you regularly acknowledge the good things in your life—no matter how small—they start to outweigh the challenges and struggles. Gratitude shifts your focus from what you lack to what you have, cultivating a mindset of abundance rather than scarcity.

In the end, happiness is a state of mind that you can cultivate, regardless of external circumstances. It is a choice, a conscious decision to live life with appreciation, purpose, and inner peace. As long as you remember that happiness is within you and not something to be found outside of yourself, you can maintain a sense of joy and fulfillment through all of life's ups and downs.

Why Is Life Too Hard For Us?

Life is not hard or easy.

It's your perception of what happens and your ability to not accept what is what makes you feel that way.

Every single person comes here to complete a journey that is tailored just for them.

All journeys are different and they are part of a bigger plan, the Universe's plan of everything working in harmonious unison as it's meant to be.

If you let your emotions run the show, you will be controlled by them and you will suffer the whole way believing that life is too hard and that you don't deserve it.

If, on the other hand, you consciously choose to trust the process and believe that everything in your life is happening for you to learn more about yourself and to make the most of this amazing adventure, then your journey will turn into a meaningful and fulfilling one, regardless of the circumstances that you undergo.

On both cases, life will unfold naturally in the same way, since what happens is not good or bad, it just is what it is, but what will make the difference big time is how you have decided to face it.

"If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment." ***—Marcus Aurelius, Meditations.***

It's all about the perspective you want to choose to see life from.

Your can't control what happens most of the times, but what's always in your hands is how you take what happens and what you make of it.

Change the narrative in your mind and instead of believing "life is hard", make sure you face tomorrow trusting that whatever happens will benefit you and help you grow and get stronger and wiser.

Try it for one, day, see what happens.

Your attitude towards life is what ultimately creates your life experience.

The ability we have to be able to decide how we want to see our lives is our greatest superpower.

The moment you decide that no matter what, you're going to be ok, that's when you become totally free to make this lifetime the best experience there is for yourself.

Why Do I Feel So Much Stuck In Life?

I've been there, my friend. But the thing is you're not actually stuck.

And I know it sounds like complete BS right now for you, but trust me, where you are now is the best place you can be, since it means you're ready for the next step.

Feeling stuck is your mind, fed by all the beliefs you hold and all the conditioning you've been put through, trying to put pressure on you about how you need to live your life. It's the ego saying you're not being productive, achieving enough goals or going somewhere.

Maybe also you're comparing yourself to other people and feeling you are not enough or doing enough, which is the worst of the evils we have in today's society thanks to social media.

Well, let me tell you something that I hope will help ease that uncomfortable feeling of feeling lost.

You don't have to become anyone, achieve anything or go anywhere. It's all good as it is.

You are here as an eternal soul that's having an amazing adventure through a human physical body so that you can have all the emotions that exist and experience everything, and all that to actually remember who you truly are while you're having the journey of a lifetime.

This realization help me a lot take the pressure off and make my life more about surrendering to the natural unfolding of events as they're meant to be.

The moment you understand that everything that needs to happen in your life will happen and the more you try to rush or change circumstances that are happening right now, the more the suffering because it's something you can't control, that's when you will stop the resistance and get your inner peace.

This is not a life perspective you just acquire overnight, not usually at least.

It requires for you to start being much more conscious about yourself and what surrounds you and at the same time try to have an attitude of accepting what is without trying to change it. You're ok as you are right now, wherever you are in your life journey.

You're now in a moment of change, and it's not comfortable, but growth only happens in those

moments, when you have no other option than to go deep inside of yourself and ask the right questions. That's when you are able to see things as they really are without having your mind mess with you.

What I did when I was where you're at now was to ask myself: "What is it that really matters to me?" "What is it that makes me feel good, that is aligned with who I truly am?"

You know exactly what that is, you can feel it when you have it in front of you, whatever it is that your soul feels attracted to with passion. don't deny it to yourself.

Make it all about that without looking for an outcome, without any expectations at all, just for the sake of it, just because it's who you are. Whatever it is that makes your heart be filled with joy, go in that direction and you will never feel stuck anymore.

Like I said, it won't be something that will happen in the blink of an eye, since your beliefs, past experiences and conditioning will try to tell you to be productive, to do what other people do, to go where you're supposed to go… But that's the work right there, being true to yourself and shedding that ego that wants to hold on to the identity it has created all this time and that you're about to kill.

Just listen to that little inner voice inside of you that is your unconditional guide, your intuition. Let it be your light and dial down the mind and its continuous anxious talk about being stuck.

Surrender to what is, live in the present moment and don't listen to the external noise and your purpose will find you and not the other way around.

Remember you're enough, you will always be, no matter what you do, so be you, do you, make the most of whatever happens in your life without judging it.

You're not stuck, you're just in a moment of your life where you are being more aware of everything and you need a change in perspective so that you can keep moving in the right direction.

You're alright.

Perfection Or To Do Your Best

Perfection, as a destination, doesn't exist.

It's an illusion created by humans so that you feel you are not enough and you need to buy stuff that makes you prettier, learn things that make you more intelligent, earn more money to feel more successful…

That way, you'll always want more of whatever you're chasing and you will always be frustrated since whenever you get to the objective that for you right now signifies perfection, you'll need to go higher to the next milestone, and when you get there you'll do it again, and it will never end and you'll feel empty and purposeless all the way because you would see that no matter what you

do you can never achieve perfection, because it's always one step away.

On the other hand, if you decide what really matters to you, set your intention to do your best, enjoy the process and forget about the outcome, it will all flow and you will be happier and free.

You are here for the experience, my friend, you don't need to achieve anything, it's the journey that matters, there's no goal, destination or specific place you have to get to.

So dial down the pressure and drop the expectations.

The key to making this life a meaningful and fulfilling adventure is to understand that being is enough, and while you're here, you might as well make the most of it.

Forget about perfection as a place you need to get to.

You are perfect as you are right now and you'll always will be, you don't have to become anyone.

The Universe is perfect as it is and everything is happening at the right time in the right way.

Accept that, be grateful for it and make the most of whatever you do without the pressuring feeling that you need to make something out of it.

You're enough and whatever you do is enough, don't forget that.

Use the process to learn more about yourself, through all the effort you put on whatever you do, through all the fun you have while doing it, though the whole experience.

But forget about having to do anything a certain way so that it's correct.

Your way is always the right way, do you.

Removing Unimportant Things From Our Lives

Many times we believe that to change our lives or improve them we need to add new things that are missing, but we couldn't be more wrong.

We accumulate a lot of stuff and have many thoughts and feelings that are all related with the character our beliefs and conditioning have built up through the years without us even realizing.

All that noise piles up on top of our true essence and hides who we really are under layers of acquired beliefs and programming that doesn't have anything to do with our true self, limits our growth and prevents us from having the life we would have if we were to be authentic and true to ourselves.

Those are “the unimportant things” you mention in your question that we need to remove from our lives to uncover our true nature.

Removing what’s not you to remember who you really are is the true journey we’re all here for.

To do that is simple, you just need to start listening less to your analytical mind and more to your intuition. Not easy when you’ve been doing the opposite for a long time. But achievable with practice.

Things you can do to start peeling those layers of “not yourself”:

Start talking to yourself with love and compassion. Don’t listen to the thoughts in your mind that undermine you or treat you badly. Those thoughts are not you, it’s just noise that’s been created by those beliefs we want to get rid of.

Question any belief you have. We grow up believing lots of things that we absorb from our parents, teachers, friends, the TV, society... but we don’t even put them to the test and figure out if they resonate with our true selves. It’s your life. You get to choose your own beliefs, don’t live according to someone else’s.

Stop reacting to life on autopilot and start consciously responding to it instead. Use “the power of the pause” and stop for a second before automatically acting or speaking in response to an event or a person. You’ll see the right answer clearly if you listen carefully.

Ask yourself if what you're doing is aligned with who you truly are or you're just following expectations set by others or society. Often, we fall into patterns of behavior that are shaped by external influences—family, culture, media—rather than our own inner wisdom. When you pause and reflect, you may realize that some of these actions, habits, or beliefs are not a true reflection of who you are.

By continuously questioning and aligning your actions with your authentic self, you can begin to live a life that feels more genuine and fulfilling. Let go of the need for external validation, and instead, trust in your inner compass. Removing what is unnecessary or unimportant allows space for your true self to flourish, and this will bring a deeper sense of peace and purpose to your life.

Ultimately, this process is about clearing out the noise and clutter, both mentally and emotionally, so that you can reconnect with your own essence. When you simplify, you make room for clarity and wisdom, and you will find that what remains is what truly matters—your values, your passions, and your inner peace.

How to stay positive when keep trying and still fail?

It's all about the perspective from which you see that failure.

Failure can be seen as "I can't do that" or as "I learned a little bit more about myself, let's keep trying and learn some more in the process".

That shift in your perception of what's going on, makes all the difference.

The key to remain positive is to focus on the process itself.

Whatever you're trying to accomplish, forget about the outcome for a while, just enjoy the process of getting there, because let me tell you, when you get your goal, you'll have to fin another one, and then another one, and it doesn't end.

Now, you're controlled by the potential outcome you want to get from your effort, when actually that's beyond your control, since there are many factors that can influence it.

The only thing you have full control over is your effort and how you choose to see what happens in the way to whatever your goal might be, but never the goal itself.

So, the moment you start making it all about the journey and not the destination, that's when you are free.

In the end, the outcome doesn't matter, what matters is who you become in the way there.

Do you think the people who climb the highest mountains care about the news article about them doing it? That's a nice collateral reward of their

accomplishment of course, but for them it's really how mentally and physically strong they have become in their way up. How they have fought and defeated their demons and fears to get there.

The moment you make it about the outcome, it will always control you, and you'll be a slave of having to accomplish a bigger thing every time, or else you'd feel like a failure.

You are enough as you are right now.

You don't need to do anything, go anywhere or become anybody.

Just focus on enjoying the journey by doing what matters to you without looking for any specific outcome. I mean, if you are trying to achieve something, of course your efforts will be made in that direction, but don't let the goal of getting to the peak of the mountain distract you and make you miss all the fun and the great experience that is the way up.

Whatever it is that you find in your way, it's there so that you get to know yourself better, so it will always be beneficial for you, even if you can't see it right away.

Remember, focus on enjoying the process and you will be able to notice that all the failures in the way are nothing but lessons that will make you stronger and wiser so that when you get to the end you understand why it was absolutely necessary that they happened in that specific way.

Everything happens for a reason and the timing is always right.

How Can I Become More Self-Aware?

Practicing it daily.

Ask yourself questions about your thoughts and actions in every situation you find yourself in…

"Why do I do what I do?" "Why are my thoughts the way they are?"

Challenge your own beliefs…

"What would I have to believe about myself to feel this or act like that?"

The more you listen to yourself and audit what you do, the more you'll get to know who you are now and how that relates to your true self.

It's all about being more conscious of all the things you do unconsciously.

And the moment you own them by acknowledging their existence, that's when you can actually let your intuition guide you and be your true self, because you're acting freely instead of letting an underlying program of beliefs and conditioning run your life.

Most Powerful Manifestation Technique

Believing I don't need it and letting it unfold naturally.

Whatever it is that I've ever needed in my life, I've always gotten it faster the moment I've let go of the pressure and resistance of me wanting it desperately.

Money, experiences, relationships…

Anything I wanted and desired from a position of lack, it never arrived.

But the moment I surrendered and understood I was ok regardless it happened or not… BOOM! There it was for me.

So, for me it's always been believing that whatever the Universe has set up for me, whatever my journey is all about, it will come to me naturally, so why worry?

Is it okay to let go?

It's not just ok.

It is absolutely necessary and healthy to do it.

Otherwise you stay attached to people, events or emotions that are hurting you and limiting your growth as a person and your potential as a human being.

Whatever happened in the past, let it go.

Whatever feeling of unworthiness or trauma that's blocking you, stay in it, understand where it comes from and let it go.

Whatever person that's keeping you stuck, you need to let them go and untie that bond that's stoping you from moving on with your life.

Whatever soul that is now gone and your heart doesn't want to accept it, you need to let them go to end the suffering, because their spirit will always be with you.

No matter what or who it is that is weighing on you, just release it, don't let it crush your soul.

Letting go is the healthiest practice for your inner peace.

You need to let go to make room for new things to come, new people to share your life with, new experiences and adventures to live and enjoy.

Remember that relationships don't just end, they become complete. And when that moment comes, the best you can do is accept it, be grateful they happened and keep going.

This life journey is all about embracing every step of the way, but it is also all about always keep moving forward no matter what.

So, let it go, whatever it is, with a smile and knowing that's good for you.

Stay Positive And Focused All The Time

All the time? That's impossible, my friend.

You're human, life happens and you respond to it in the best way you can.

Making the conscious effort to try to see whatever happens in a positive way is a great attitude, the best for you I'd say.

But you need to allow yourself to have all kind of emotions, express them and use them for your benefit. If you're angry or you're feeling kinda negative one day, do not force yourself to feel positive no matter what, since it won't work and you'll feel frustrated. Use those "negative" emotions to recognize that they're not in alignment with yourself, allow them to be and let them go naturally.

Now you can see that, in a positive way, they were there to remind you of what state you do want to be in. A positive one.

You're not your emotions, or your thoughts, you're the one observing them.

The key is not to be positive all the time, but not to stay in negative emotions so long that they control your mood and you end up identifying with them.

Just use what you don't want to see more clearly what you do prefer.

When it comes to focus, it's also impossible to be focused all the time.

As I said before, life happens and there are lots of external events and people around us that we need to deal with. So, being focused all the time becomes a great effort if we're trying to get to that state of mind all the time.

In this sense, trying to be present is the most helpful practice you can do to help yourself with your focus.

Wherever you are, whoever you're with, just try to be in the here and now.

Forget about what happened or what can come next, just be fully present in that moment.

Meditation is a great tool to master that. It will help you focus on just one thing (your breathing, some relaxing music, an external noise you choose,…) at a time.

The more you do it, the easier will be for you to just focus on what you're doing despite all the distractions that may arise around you.

Like what we talked with the emotions, the work is not to try to be focused or positive all the time, it's all about knowing what matters to you and what's aligned with

who you really are and let it just happen by letting go what you don't prefer or is not aligned with you.

If you want to focus on something or someone for a while, just be aware of that intention and disregard the rest.

Fighting something always creates more resistance, just surrender and let your journey unfold naturally as you learn more about yourself and create the reality you do prefer.

It's easier said than done, but it's why we're here, so try to make the most of every single part of your journey, whether it's an emotion or an external event. They are there to show you things you need to learn while you're playing this game.

Most Painful Realization About Yourself

I've been playing a character instead of being myself for a long time.

Actually, several characters depending on the people around me and the specific situation.

Recently, I've learned that it has happened because of childhood trauma. I wasn't able to express my emotions as a child, I felt abandoned and unloved many times cause of a broken home and I felt I needed to earn external validation and love all the time since I didn't think I was enough as I was.

That created a split inside of me, a disconnection from my true authentic self that made me be a people pleaser and neglect my needs by putting other people's first.

I grew up thinking I had a decent childhood but it turns out trauma can happen in many different forms and it doesn't have to be a drastic violent experience to turn yourself into a puppet.

I'm not working on forgiving the little inner child that still feels a bit that way and even thinks it's his fault that happened and I grew up like that.

It hurts, cause I didn't know better and trauma created all those beliefs inside of me that made me live a limited and automatic life trying to be faithful to them, but I still feel responsible for it believing I could have done something to change it, but I guess there's the work of letting guilt and regret go.

So if you're reading this and you feel like you're not being authentic, it's very likely you also have some kind of attachment to events and people in the past or the present that are making you play a character you're really not.

If that's the case, let me remind you what I do now every single day:

You're enough.

You don't owe anything to anybody, not even your parents. Be grateful, but not attached or limited by their beliefs about you or themselves.

You deserve unconditional love and appreciation just because you're alive.

You don't have to do anything or become anybody, you're here to unfold your real essence, your true self, and that's done by being authentic, by doing what feels right regardless of external opinions or social made up rules or standards.

Start by loving yourself more, that's the key to inner peace and a meaningful life experience.

By doing that, the rest comes much more easily, because when you feel you're enough and you can express yourself freely, everything comes into place and the people that are aligned with that version of yourself are going to be there with you fully.

Life is the most amazing experience we can have as the unlimited souls that we are, so let's make the most of it by being ourselves no matter what.

Don't let anyone or anything make you think you're not worthy, cause you are unique and you're exceptional as you are right now.

I really hope this helps.

Become The Best Version Of Yourself

By being true to who you really are no matter what.

We spend our lives trying to please and impress others, caring about what they say, doing what's supposed to be done, being who we're told to be since we're kids…

That's never going to end up with us being the best version of ourselves.

We're playing characters we don't even believe in.

The only way you're going to become who you came here to be is by being authentic.

And that's achieved by listening to your inner voice, your intuition, your gut feeling, and doing what it tells you, regardless of what society or other people expects from you.

Ask yourself: "What do I really want?" "What is it that really matters to me?"

You shouldn't have to think about it or try to make sense of it, it's a feeling you have inside, a spark of excitement that runs through your body when you picture it in your mind.

Do that. Make your life all about it as much as you can.

That will get your creativity and your essence out so that you can express it to the fullest.

Change attachment to things and people for authenticity and you'll find that true self that's eager to step into the spotlight.

The best version of yourself is already there, inside of you, but it's hidden under the layers of beliefs and conditioning that have been piling up since you were a kid, and you've kinda forgotten who you really are, but it only takes a conscious choice to go back there and make this life adventure fun and meaningful.

Become A Bulletproof Person?

I'll give you a bullet-point list for that ;)

- **Do things that scare you.** Challenge yourself to face your fears head-on so that you're ready for anything.
- **Put yourself willingly in uncomfortable situations**. Stay there until it gets comfortable, so that when a difficult unexpected situation happens, you don't freeze.
- **Give zero fucks about what others think or say about you or what you do.** It's your life, your own unique journey, live it your way and let others do the same.
- **Choose kindness as a default mood.** No matter what, no matter who, always be kind, cause it feels good, it's always a win-win and usually it's the hard thing to do.
- **Do not just react to external events.** Stop, breathe and consciously respond to them. In the brief gap between what happens and what you decide to do with it lies your power.

- **Always choose inner peace over being right.** Ego is useless and your mind always wants to be right and win the game. Being at peace will make you stronger, more assertive and less submissive.
- **Give yourself the possibility of having no opinion about something.** You don't have to have a view about everything. If it's not your cup of tea, just stay silent or walk away.
- **Practice self-love every single day.** The more you love yourself, the less dependent on others you'll be.
- **Express your emotions.** Suppressing them makes you weak and self-destructive. If you feel it, don't hide it, let it out and then let it go. Know yourself and what triggers you.
- **Don't take anything personally.** People reflect their shit on others, it's always personal with themselves, never with you. Be the mirror, let them take the look, but don't let it get to you.

When you feel lost in life…

Surrender and let your intuition guide you.

Many times, when we feel lost, we try to do anything so that we kinda feel we're back in track.

But that's all society's and our education as children's fault.

This world wants us busy, stressed, worried and trying to control everything and everyone around us so that we have the feeling that we're doing something with our lives.

Well, that's the key there…

You don't need to DO something with your life.

The only thing you really need to do is live and enjoy the journey.

All the rest is bullshit.

You're here to make the most of this human experience, not to do what you're told or supposed to.

You don't even need to find the proverbial purpose or hidden meaning of your life that all social media posts are telling you to chase.

Just do whatever makes you feel good and see where that leads you to.

It will always be beneficial for you wherever it is, even if you don't understand it yet, that I assure you 100%.

Listen to your inner voice and make the most of this amazing adventure of your life.

When you feel lost, take it as a sign to let go, to surrender to the natural unfolding of events.

Don't try to think about it or reason it or look for it, just let it happen the way it's meant to.

Improve Overall Well-Being

- **PHYSICALLY**
  - Eat more protein and vegetables and less sugar and carbs.
  - Drink a lot of water and reduce alcohol and soda.
  - Walk as much as you can. Your heart and lungs will appreciate it.
  - Work out lifting weights to keep your muscles healthy.
  - Get some direct sun light on you every day for your immune system.
- **MENTALLY**
  - Learn something new that excites you to keep your mind sharp and awake.
  - Do something that scares you every once in a while, to prove yourself.
  - Challenge yourself with difficult things to reach your true potential and grow.
  - Talk to yourself in a positive and compassionate way to increase your self-love.
  - Try to stay in the present moment to avoid overthinking and anxiety.
- **SPIRITUALLY**
  - Meditate. Just sit in silence listening to your breath, no need for fancy things.
  - Practice being grateful for all you got and everything that becomes part of your journey.
  - Do things that make you feel good just for the sake of that excitement.
  - Go for a walk in nature as often as you can to stay connected to who you are.

- Listen to your intuition (gut feeling) as much as you can over your analytic mind.

Admit When You Are Wrong About Something

Always.

If I'm wrong, I admit it, learn the lesson and move on.

What's the point on letting the ego talk and make things complicated and uncomfortable?

Sometimes, when I'm in a conversation with someone and it gets all about who's right or wrong, I agree with them even if I really don't and let them "win" the argument.

I choose peace over being right every single day.

Trying to be right and convince others to get onboard your ideas takes away your energy and it's a total waste of time.

We came here to learn more about ourselves and the world around us through our life experience, so why let the opportunity to learn something new slip over the ego's need to always be right.

The moment you understand you're enough only because you're alive and trying to make the most of your journey, that's when you quit trying and forcing everything to happen your way.

That's the real peace of mind that creates a meaningful existence.

And you? What do you prefer? Having inner peace or being right?

Most Effective Way To Quit A Bad Habit

Your bad habits are hurting your true self and limiting everything you could become and experience.

But, if you know something is bad for you, why would you keep doing it, right?

I guess there's a part of you that believes you're not worthy of having good habits and thus a better life, because your acquired beliefs have conditioned you to think less of yourself, so you stick to those bad habits in order to honor those beliefs.

I know it sounds fucked up, but it's an unconscious pattern that's hard to escape from.

So, what I would do is start working on my self-esteem and try to love myself more, since that's the source of most of our problems.

But if we're talking about try to conquer and defeat a specific bad habit, I'd do this:

- Get a piece of paper and write the name of the bad habit on top.

- Make a list of all the things you could do or be if you quit that bad habit.

Every single time you fall into that specific bad habit, go to that list and read it.

The key is to remind yourself that you're not taking care of yourself by sticking to that behavior that's hurting you and limiting your experiences and all you could ever achieve.

"How Long Are You Going To Wait Before You Demand The Best For Yourself." —*Epictetus.*

You need to stop allowing yourself to settle for less and start loving yourself so much that you will only want what's best for you.

With daily conscious practice and increased self-awareness you can get yourself out of practically any bad habit you've fallen into.

It only takes for you to live intentionally and try to do what's best for you.

How Can Focus Longer?

Be in the present moment always as a default.

Whatever you're doing, just be there and do that.

Do not let your mind wander to the memories of the past or try to predict the future.

No matter what you're doing, brushing your teeth, waling, hanging out with friends, showering, driving, working out, cooking… whatever it is, just do that and soak up every tinny detail of what's around you and how you're feeling in that precise moment.

All it takes is to be more conscious all the time.

Meditation is a good practice that will help you focus and be more present.

Sit down in silence with your eyes closed and just listen to your breath going in and out, focus just on that as much time as you can. Whenever you switch to something else, come back to your breathing.

That will increase your skills of being right here right now.

And when it's time to focus on something else… work, study, sports, a project, anything you need to put your whole attention on, you'll see how you'll be able to be there fully and make the most of it.

How Do Make Up For Lost Time?

You can't.

The past is in the past.

What you didn't do cannot be made up now.

Forget about what happened, you can't change it.

Focus on what you can control, which is what you choose to do now, who you choose to be now.

The only thing you can do now is be in this moment, which is the only time that actually exists, and act to the best of your intentions and abilities.

Dwelling on what could've been will only lead to useless regret and misery.

"Think of yourself as dead. You have lived your life. Now, take what's left and live it properly. What doesn't transmit light creates its own darkness."

—*Marcus Aurelius, Meditations.*

Try to always be right here, right now, and make the most of it.

That's why you're here, my friend.

People See You The Way You See Yourself

Actually, I'd say the way people treat you is a reflection of the way they see you.

And, the way you let them treat you is a reflection of the way you see yourself.

The thing is that the more you raise your standards about how you feel about yourself and it shows in your

thoughts and actions, the better people will see you and treat you.

If you have low self-esteem, it will also show in your daily life, so people will see you accordingly.

How you see yourself sets the baseline for others to interact with you.

For example, if you let others bully you, you're a people pleaser and you are not able to set boundaries so that others respect yourself, how can you expect that others are going to respect you?

The only way you're going to get respect is by giving it to yourself first.

Self-love is the foundation to a good life.

You need to start appreciating and respecting yourself more first, if you want others to do the same.

Think about how you see different people in your life.

Maybe, ask somebody you're close to how they see themselves and you can compare it to the way you see them. It's an interesting experiment…

You can also do the test with yourself and try to improve things you don't like about you and then see if with your self-improvement there are changes in the way others interact with you.

Where do I start get out of my comfort zone?

The comfort zone is the illusion your mind creates to keep you safe from the unknown and the uncertainty.

It's an idea that you're in control (when you're actually not), so that anxiety and fear don't kick in.

The mind has you living on autopilot by convincing you that you need to do specific stuff or be a certain way to be safe, so to change that you need to start making more conscious choices.

So if you want to get rid of that huge limitation for yourself and your personal growth, you need to start consciously acting differently than how you've been acting till now:

- Do more things that scare you. Face your fears head on.
- Try to put yourself in uncomfortable situations as much as you can.
- Go places you've never been before. Change your environment.
- Be more spontaneous and try not to plan your daily life too much.
- Accept new challenges an experiences as they come, no pros and cons lists.
- Do difficult stuff. Even things that seem impossible for you at first sight.
- Change some of your daily habits. Start new ones that you know are better for you.

The key is to consciously step into the unknown and the uncertain and see that it's not dangerous and that it is in fact better for your own personal growth and that it improves your quality of life.

If you want your life to be different than how it is before, you just need to start seeing it from a different perspective and make different choices.

It's not easy, since you need to start being more self-aware of what you do and how you think, but I'm telling you it's worth it and it will help you live a more fulfilling and fun life experience.

Complaining! Good or Bad?

Complaining is often not considered a good habit because it tends to focus on problems rather than solutions, and over time, it can have negative effects on both the complainer and those around them. One reason is that frequent complaining reinforces a negative mindset. When people complain constantly, they may start to see the world through a pessimistic lens, which can affect their overall mood and outlook on life. This negativity can spread to others, creating a toxic environment where problems are highlighted, but solutions are ignored or overlooked.

Another reason complaining is frowned upon is that it can make people feel powerless. When individuals focus too much on what is wrong, they may overlook their ability to take action or change their situation. This can lead to a sense of helplessness, where the person feels

like a victim of circumstances rather than an active participant in their own life. As a result, chronic complaining can hinder personal growth and prevent individuals from taking constructive steps to solve their problems.

Furthermore, excessive complaining can strain relationships. Listening to constant complaints can be emotionally draining for friends, family members, or colleagues. It can make interactions less enjoyable and cause people to distance themselves from the complainer. This can lead to isolation and reduce the emotional support that complainers might otherwise receive.

In summary, while occasional complaining is natural and can be useful in venting frustrations, making it a habit can create a cycle of negativity, helplessness, and strained relationships. Constructive actions and positive thinking are often more effective ways to address issues and improve well-being.

Although Complaining, often viewed negatively, can actually offer several benefits when done in moderation and constructively. One of the main advantages is that it provides emotional release. When we express our frustrations, it can relieve stress and prevent us from internalizing negative feelings, which might otherwise lead to anxiety or burnout. Complaining also helps us identify problems that need attention. By voicing dissatisfaction, we highlight areas in our lives or work

environments that require change or improvement, acting as a signal for needed solutions.

Furthermore, complaining can foster empathy and support. When we share our struggles with others, it creates an opportunity for them to listen, offer advice, or simply validate our feelings. This can strengthen relationships and make us feel less isolated. Additionally, complaining can serve as a catalyst for change. Expressing dissatisfaction with an unfair or undesirable situation can motivate us or others to take action and make improvements. Lastly, complaints can help in establishing boundaries, whether in relationships or at work. By articulating what bothers us, we can clarify our needs and limits, ensuring others understand how we wish to be treated.

However, it's important not to stop complaining altogether. While excessive complaining can be draining and counterproductive, the right kind of complaining, done with purpose, can be beneficial. Rather than complaining for the sake of it, focusing on solutions and being mindful of when and to whom we complain can lead to positive outcomes. Complaining can be a tool for personal growth and problem-solving when approached thoughtfully, rather than something that simply fosters negativity.

Psychological Techniques for Uncovering Hidden Thoughts

In psychology, techniques to uncover someone's hidden thoughts or feelings, such as encouraging open conversation through aligned thinking or associative dialogue, can be referred to as Projection or Associative Techniques.

Projection occurs when an individual unconsciously transfers their own feelings, thoughts, or beliefs onto others. However, if the aim is to allow the person to express their thoughts, this is often achieved through Associative Techniques, where open or informal conversations lead the person to naturally express their hidden ideas. Sometimes, Projective Testing, such as the Rorschach test or Thematic Apperception Test (TAT), is used to elicit subconscious thoughts and beliefs.

In everyday life, when someone perceives the other person as like-minded or friendly, they tend to express their thoughts more freely, instead of concealing them. In psychology, this is referred to as rapport building or establishing trust.

Psychologists employ various techniques to uncover someone's hidden thoughts or beliefs, allowing access to the subconscious or concealed emotions of the individual. When you mention that a person opens up because they feel the other person shares their thoughts, this behavior can be understood from several psychological perspectives:

1. Rapport Building:

- This technique is based on establishing trust through casual or like-minded conversation. When someone feels that the person they are talking to understands or agrees with their feelings, thoughts, and beliefs, they tend to open up more. This behavior is particularly common in counseling, therapy, or even between friends.

- The goal of rapport building is to create a sense of safety and understanding so that the individual can express their hidden thoughts or feelings.

2. Projection:

- Projection happens when a person unconsciously transfers their inner feelings, fears, or thoughts onto others. For example, if someone has a fear or concern, they might assume that others think similarly.

- Through this process, hidden thoughts or beliefs can surface, as the person is projecting their emotions onto someone else.

3. Projective Testing:

- Projective techniques, such as the Rorschach test (inkblot test) or Thematic Apperception Test (TAT), are used to evaluate an individual's emotions and thoughts. In these tests, the individual is shown ambiguous or unclear images, and their responses provide insight into their subconscious thoughts.

- These techniques are based on the idea that when someone sees something ambiguous, they project their unconscious thoughts and emotions onto it, revealing their hidden thoughts.

4. Associative Techniques:

- This technique is often used in conversation, where a topic or idea is introduced, and the individual is allowed to talk freely. As the conversation progresses, the person expresses their thoughts and emotions, which may happen subconsciously.

- For example, if you want to understand someone's beliefs, you might start a related topic and let them naturally reveal their thoughts.

5. Therapeutic Alliance:

- In counseling and therapy, a specific relationship or "therapeutic alliance" is established, where trust and harmony are built between the therapist and the patient. This relationship encourages the patient to express their hidden thoughts and emotions more freely.

In summary, psychology employs different methods to uncover hidden thoughts or beliefs. The method you mentioned, where a person opens up through like-minded conversation, is often referred to as rapport building, associative techniques, or projection. In this, the individual feels safe and expresses their inner thoughts without pressure.

To discern the beliefs and thoughts of someone unknown or with opposing views, psychologists use various techniques designed to uncover their hidden ideas during a conversation. The objective of these methods is to allow the individual to reveal their true thoughts, which they might not express openly.

Here are several techniques and strategies used to uncover someone's hidden thoughts or beliefs:

1. Start a Thematic Conversation:

- When attempting to gauge someone's thoughts or beliefs, an uncontroversial or general topic is introduced that is indirectly related to the subject of interest.

- For example, if you want to understand someone's religious or political beliefs, you could begin by discussing general moral values or current events. As the conversation progresses, the person’s beliefs will gradually surface.

2. Create a Comfortable Environment and Build Trust:

- It's crucial for the individual to feel like they are speaking with a like-minded person. You need to approach the conversation in a way that makes them feel like you're genuinely interested in understanding their thoughts, not challenging them.

- This kind of environment makes the person more willing to open up, as they begin to perceive you as an ally.

3. Use Indirect Questions:

- Direct questions can sometimes make a person cautious, especially if they think you are trying to probe their thoughts. Therefore, questions are often asked indirectly or in a roundabout way.

- For instance, instead of asking directly about their favorite political party, you could inquire about their opinion on a policy or social issue. The person's response will reveal their underlying thoughts.

4. Use Silence:

- Silence can be a very effective technique. When you ask a question and then remain silent for a while, the person may feel compelled to elaborate, revealing more of their hidden thoughts.

- This technique often leads to individuals sharing more, as the silence provides them an opportunity to continue expressing their thoughts.

5. Strategic Agreement or Disagreement:

- By offering slight agreement or mild disagreement, you can encourage the individual to explain their beliefs further.

- For instance, if someone is hesitant to reveal their true thoughts, you might lightly disagree. This can prompt

them to clarify or defend their viewpoint, leading them to reveal more.

6. Projection Technique:

- As mentioned earlier, projection occurs when an individual transfers their feelings or beliefs onto others. By creating the impression that you share similar thoughts, you can observe whether they agree or not.

- When they believe you share the same ideas, they will be more likely to express their thoughts freely.

7. Narrative or Example-Based Discussion:

- You can use neutral stories or examples to gauge the person's thoughts and beliefs. Their reaction to the characters or events in the story will often reveal their hidden views.

8. Emotional Triggers:

- At times, discussing a topic with emotional weight can bring out a person’s hidden thoughts. If they react emotionally to a particular subject, it can give you insight into their beliefs or attitudes.

9. Ambiguous Questions:

- Using ambiguous questions allows the individual to interpret the question in their own way. This often leads to them revealing their true thoughts.

- For example, vague questions can make the person reveal more because they are forced to interpret the meaning on their own.

10. Understand without Challenging Opposing Views:

- If you sense that the person holds opposing beliefs, focus more on listening than challenging their views. When they see that you're genuinely listening, they'll often share more of their thoughts.

In summary, the techniques aim to encourage individuals to reveal their true beliefs and thoughts without making them feel pressured. Thoughtful, strategic questions and the establishment of trust can lead people to express their true ideas, even if they initially intended to hide them.

If someone you don't know is trying to assess your thoughts or beliefs, here are a few strategies to protect yourself from unintentionally revealing personal information:

1. Stay Cautious:

- If you feel like someone is trying to gauge your thoughts during a conversation, keep your responses general or surface-level. Avoid diving into personal, deep, or controversial topics.

- Think carefully before responding to ambiguous or unclear questions.

2. Give Non-committal Responses:

- If someone tries to probe your beliefs or opinions, respond in a way that doesn't clearly reveal your stance. For example, if asked about a political or religious topic, you might say, "Everyone has their own perspective, and I try to understand both sides."

- This allows you to keep the conversation neutral without taking a firm position.

3. Redirect the Conversation:

- If you feel that someone is trying to pry, you can steer the conversation in a different direction. For example, if political topics arise, you could say, "People have different views on this, but let's talk about something else."

- This helps you stay on safe ground while keeping the conversation non-controversial.

4. Avoid Going into Details:

- If someone starts asking more in-depth questions, keep your responses brief and general. This way, you avoid revealing too much.

- For instance, if someone asks about your religious beliefs, you could respond simply with, "Everyone has the right to their own beliefs, and I live according to mine."

5. Use Silence or Politeness:

- Silence is a powerful technique. If you feel uncomfortable answering a question, simply smile and let the conversation move on.

- Alternatively, you can politely say something like, "I'd rather not discuss that topic."

6. Answer Indirectly:

- Instead of answering probing or ambiguous questions directly, you can respond with your own question. This shifts the conversation back to the other person.

- For example, if someone asks for your opinion on a political issue, you could respond with, "What do you think about it?" This way, you keep the focus on them without revealing your thoughts.

7. Protect Personal Information:

- Be mindful of keeping personal details, such as your political or religious affiliations, family background, or personal beliefs, private.

- Always maintain a level of privacy when talking to strangers, and question why someone may be interested in your views.

8. Recognize Leading Questions:

- If you sense that the questions are structured in a way that steers you toward revealing more than you intend,

be cautious. Leading questions are designed to guide you into inadvertently disclosing your thoughts or beliefs.

- In such cases, avoid providing excessive details and stick to general or neutral responses.

9. Maintain Composure and Confidence:

- When someone tries to probe into your thoughts or beliefs, remain calm and confident. Avoid showing signs of nervousness or anxiety, as this may encourage the other person to dig deeper.

- It's important to stay composed and remember that you are not obligated to answer any question. Keeping control of your emotions will help you navigate the conversation without revealing more than you're comfortable with.

10. End the Topic Gracefully:

- If the conversation becomes uncomfortable or you feel it's intruding on your personal boundaries, politely redirect or close the topic. You can say something like, "I find this conversation interesting, but I would prefer not to discuss it further."

- This allows you to disengage without causing offense and maintains the flow of conversation while protecting your personal space.

Conclusion:

To safeguard your thoughts and beliefs, it's essential to remain cautious, give non-committal or general answers, and skillfully redirect the conversation if needed. By maintaining composure, recognizing leading questions, and gracefully closing uncomfortable topics, you can engage in conversations without unintentionally revealing more than you wish to disclose. Maintaining a balance between openness and discretion ensures that your personal views and beliefs remain protected, especially when engaging with strangers or those who may have different intentions.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.